

SoyConnection

Health & Nutrition News About Soy

Brought to you by the United Soybean Board and the Soy Nutrition Institute.

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[FATTY ACIDS, HEALTH, AND SOYBEAN OIL](#)

By Kristina Petersen, PhD, ADA, FAHA

The [2020 U.S. Dietary Guidelines Advisory Committee](#) concluded that strong evidence supports replacing dietary sources of saturated fat with PUFA to reduce risk of coronary heart disease and cardiovascular disease mortality.

See how the fatty acid profile of soybean oil, and other cooking oils, can fit into healthy dietary patterns.

[READ ARTICLE](#)



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[SOYCONNECTION.COM](https://www.soyconnection.com)

[ANATOMY OF A QUALIFIED HEALTH CLAIM FOR HIGH OLEIC VEGETABLE OILS](#)

By Guy Johnson, PhD

U.S. Food and Drug Administration (FDA) health claims can be useful sources of information for consumers, especially when health professionals provide additional perspective. What is the regulatory basis for health claims? What is the difference between an authorized and qualified health claim?

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[HIGH OLEIC SOYBEAN OIL PROVIDES NUTRITION AND FUNCTIONALITY TRAITS](#)

By Pam Smith, RDN

Continued improvements in the nutritional profile and functionality of U.S.-grown soybeans are offering solutions to food service and food manufacturing industries that are appealing to the industry and the consumer. Learn more about the latest innovation from the U.S. soy industry.

[READ ARTICLE](#)

FEATURED RECIPE



Wok Charred Edamame (3 Ways)

Enjoy this dietitian-approved soy recipe. 10 minutes. 10 ingredients. It's a perfect 10!

[VIEW RECIPE](#)

SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy recipe you'd like to have featured in the *Soy Connection* newsletter? Send it (and a photo) our way. We will select one reader-submitted recipe to include in each issue (providing credit to the submitter). Let's see what delicious and nutritious soy recipes you have! [Click here to submit your recipe.](#)

* Soy Connection is a Continuing Professional Education (CPE) provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for reading the articles and taking and passing a test.

* This program has been reviewed and is approved for a maximum of 1.0 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel and was planned in accordance with AAPA's CME Standards for Enduring Material Programs and for Commercial Support of enduring Materials Programs.



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