

Scientific data is not enough: the nutritionist explained whether the vegetable oils cause inflammation

Plant fats contain beneficial fats and have a beneficial effect on the health of the heart. But there are fears that they are also able to cause inflammation. Is it really so?

Vegetable oils include corn, soy, sunflower and rapeseed. There are several fears associated with these products. They are that usually vegetable oils are made from GMOs, which are not grown completely naturally, as well as that these oils lead to inflammation.



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Basically, vegetable oils contain useful fats. This is also Omega-3 and Omega-6. There are a lot of omega-6, especially linoleic acid, which turns into arachidonic acid in the body. The latter in excess can cause inflammation. At the same time, our body converts into arachidonic acid only about 2% of lipoic acid.

In addition, modern scientific works and recommendations of experts in the field of healthcare demonstrate that vegetable oils can bring more benefits than harm. With moderate use, these oils do not harm health at all.

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The existing results of studies associated with the effect of omega-6 on the body are ambiguous. Omega-6 fatty acids contained in vegetable oils also have anti-inflammatory effects and positively affect the heart. To determine their general effect on health, more ambitious research must be carried out.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.