

SEED OIL—A VALUABLE COMPONENT OF SOYBEAN SEED

It is common knowledge that mature soybean seed contain significant amounts of both oil and protein. The protein component that is derived from processing soybean seed is used in animal feed, whereas the oil resulting from processing is used in both human food products and in industrial products.

Click [here](#) for an article that provides a brief summary of some industrial uses for soybean oil.

Click [here](#) for an article that provides information about a process that uses soybean oil to make renewable diesel that can be used in current diesel engines with no required retrofitting. Click [here](#) for an article that provides information that using soybean oil for renewable energy production poses no threat to producing soybeans for human consumption.

Recently, human consumption of seed oils and foods prepared using them has come under attack. Click [here](#) and [here](#) to access articles that provide science-based information that disputes such claims. Information in an article titled [The Unsaturated Advantage: How Seed Oils Became the Quiet Hero of Heart Health](#) further supports the advantages from human consumption of vegetable oils. Also, a fact sheet titled [Potential public health risks of avoiding seed oils](#) that was prepared by the Soybean Checkoff, in partnership with the Soy Nutrition Institute [[SNI Global](#)], provides major points about the importance of seed oil consumption by humans, plus links to scientific articles that are used as resources for information in the article.

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