

Dupont's new GMO soybean is transfat free, benefitting consumers

For 37 years – since 1977 – breaded and fried white mushrooms have been a favorite in the food court at the Pennsylvania Farm Show, which will run Jan. 10 to 17 at the Farm Show Complex in Harrisburg.

This year, things will be a little different.

The cooks will be using a new oil that proponents say tastes better than other oils, lasts longer (meaning fewer cooking stoppages for clean-outs), and is more healthful.

Made by DuPont Pioneer from genetically modified soybeans, the new oil may have the potential to shift, at least a little, the debate over foods made from genetically-modified organisms. Until now, the main beneficiaries of GMO crops have been farmers, who get new methods of weed and pest control. The new oil directly benefits consumers.

Called Plenish, it has zero trans fat, which is a double whammy for heart health because it raises your “bad” cholesterol and lowers your “good” kind. Plenish also has 20 percent less saturated fat – another “bad” cholesterol booster – than conventional soy oil. And, like olive oil, it is high in heart-healthy monounsaturated fat.

The new oil could have wide implications. Soybean oil represents about 60 percent of all oil consumed in the United States today. It is used in commercial fryers and in baking.

Read full, original article: [GreenSpace: DuPont develops new cooking oil from genetically-modified soybeans](#)