

GM soybean oil healthier than organic versions

Soybean oil accounts for more than 90 percent of all the seed oil production in the United States and genetically modified (GM) soybean oil, obviously made from seeds of GM soybean plants, was recently introduced into the food supply with the benefit that it is healthier than conventional soybean oil.

Is it true?

It is true, at least in the way all food marketing, including conventional and organic, is done. Soybean oil is actually unhealthy and GMO soybean oil is identical to soybean oil made from a conventional or an organic soybean – overused, it leads to obesity, diabetes and fatty liver – but GMO soybean oil is superior in that it does not cause insulin resistance, the inability to efficiently use the hormone insulin.

Researchers gave four groups of mice different diets for 24 weeks. Each group was comprised of 12 mice. The control group received a low-fat diet. The other groups received a diet with 40 percent of daily calories from fat, an amount common in the American diet. One diet was high in saturated fat from coconut oil, and one had 41 percent of the saturated fat replaced with regular soybean oil. The fourth group had 41 percent of the saturated fat replaced with the GM soybean oil.

What the researchers found was that mice fed a diet with either of the soybean oils had worse fatty liver, glucose intolerance and obesity than the group that got all their fat from coconut oil. But the mice whose diet included the GM soybean oil had less fat tissue than the animals that ingested regular soybean oil. Unlike the diet with regular soybean oil, the diet with the new GM soybean oil did not lead to insulin resistance.

Read full, original article: [GMO Soybean Oil Is Healthier Than Organic Or Conventional](#)