

GMO soybean oil causes less obesity in mice than conventional oil

Long-term tests in mice indicate that a genetically modified (GM) brand of soybean oil causes less obesity and insulin resistance than conventional soybean oil, but doesn't lead to lower incidences of diabetes or fatty liver. The study, led by Poonamjot Deol, Ph.D., and Frances M. Sladek, Ph.D., at the University of California, Riverside, found that coconut oil, which is high in saturated fats, in fact caused fewer negative metabolic effects than either type of soybean oil, or olive oil, which is commonly perceived to be a "healthy" oil. The results have implicated a causative role for a new class of soybean oil-derived compounds in diet-induced obesity, and the authors say further studies are warranted to investigate the link further.

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Launched in 2014 by DuPont, Plenish is engineered to be low in linoleic acid and has a fatty acid composition—including high oleic acid levels—that is similar to that of olive oil. The latest studies by Sladek, Deol, and colleagues follow on from their previous work, which indicated that although soybean oil is assumed to be healthy, a diet rich in soybean oil "does in fact increase adiposity, diabetes, insulin resistance, and fatty liver," they point out in the new *Scientific Reports* paper.

[Editor's note: Read the [full study](#)]

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