

## Podcast: Healthier cooking oil from biotech soybeans helps battle heart disease, diabetes

Soybeans produce abundant cooking oil, popular with both consumers and the food service industry. However, soybean oil isn't always the best option for cooking applications, despite its popularity, and it lacks some of the nutritional benefits of other plant-derived oils.

With a simple genetic tweak, scientists were able to produce a soybean with high oleic acid content. The oil produced from these soybeans contains no trans fat, less saturated fat and a significantly higher level of monounsaturated fat, all of which make for a healthier oil. On this episode of Talking Biotech, University of Florida plant geneticist Kevin Folta chats and Kim Nill, director of research and development with the Minnesota Soybean Council, about the plant breeding innovations that made this heart-healthy soybean oil possible.

[https://geneticliteracyproject.org/wp-content/uploads/2019/04/179\\_plenish.mp3](https://geneticliteracyproject.org/wp-content/uploads/2019/04/179_plenish.mp3)

Visit the [Minnesota Soybean Council's](#) website and learn more about [Plenish Oil](#).

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