GLP podcast/video: ‘Industrial’ seed oils unhealthy? A mom’s guide to anti-GMO myths; Opposites actually don’t attract

Are so-called “industrial” seed oils slowly killing us? Probably not. One mom and farmer says other parents shouldn’t be scared of anti-GMO rhetoric they see online. Do opposites really attract? A new study appears to have debunked that old adage.

Podcast:

Video:

Join guest host and geneticist Kevin Folta and GLP contributor Cameron English on episode 236 of Science Facts and Fallacies as they break down these latest news stories:

- ‘Industrial’ seed oils are killing you? Here’s the health story behind cooking oils

Cooking oils derived from corn, canola and other crops have been staples in Western diets for decades. Although public health authorities have promoted vegetable oils as better choices than saturated fats, growing rates of obesity and diabetes have coincided with the increased consumption of these products, leading many people to the conclusion that seed oils are inherently harmful. Is there any solid evidence to support that conclusion?

- Viewpoint: Why fellow moms shouldn’t succumb to anti-GMO information when making family food choices

Health gurus who sell fad diets and GMO-free products routinely target parents, who are keen to protect their children from potentially harmful chemicals in their food. Minnesota-based mom and farmer Wanda Patsche says her fellow parents need not fear GMOs and other modern tools that are used to produce our abundant food supply. She has some advice that may help moms and dads separate good science from health scares as they browse the shelves at their local grocery stores.

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- Do opposites really attract? Partners in most successful relationships share political views, education levels, drinking habits and more
When it comes to romantic relationships, men and women prefer partners who are like them, according to a recent study surveying 120 years worth of research. The study found that, for more than 80 percent of personality and physical traits, people tended to pair up with partners who exhibited the same qualities they possess. In other words, opposites do not attract.

Kevin M. Folta is a professor, keynote speaker and podcast host. Follow Professor Folta on Twitter @kevinfolta

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