**The Science of High Oleic Soybean Oil**

**FATS**
- **Can be good**
- **But too much fat increases health risk**

**IN THIS REFINED OIL**
- **The presence of the soy allergen is highly unlikely.**

**Fatty Acids**
- **Saturated**
  - These are solid fats.
- **Unsaturated**
  - These are liquid fats.

**High Oleic Soybean Oil** is monounsaturated, a healthier option.