



## Background

### Origin

Soybeans are native to East Asia, but are now widely grown for the edible bean which has a number of uses.

### Characteristics

Soybean oil is said to have a greenish-yellow colour, and is almost odourless.

## Application & Use

### Culinary uses

- Body, skin and hair products

### Culinary uses

- Salad dressings
- Bread
- Margarine
- Mayonnaise

### Other

- Crayon and paints

# Soyabean Oil

## Glycine Soja Oil

**Grades: GMO RD/IP RD/Organic Refined**

**Pack Size: 5kg/25kg/200kg**

Soybeans were a crucial crop in Eastern Asia long before written records. The plants would be ploughed under to clear the field of food crops. Soy was first introduced to Europe in the early 18th century and to the British colonies in North America in 1765, where it was first grown for hay. Soybeans did not become an important crop outside of Asia until about 1910. In America, Soy was considered an industrial product only, and was not used as a food prior to the 1920's. Soy was introduced to Africa from China in the late 19th century, and is now widespread across the continent.

## Benefits

Soyabean Oil is said to be high in fibre, high in protein, low in saturated fat, cholesterol-free, lactose-free, a good source of omega-3 fatty acids, and high in phytoestrogens. The addition of soy rich foods is said to be helpful to lower certain blood fats, improve vascular function and help control blood pressure. A daily soy intake of between 2 and 3 servings of soy foods claims to help reduce premenopausal symptoms. It also claims to help prevent breast cancer, but soy foods should be eaten starting during childhood or adolescence.



This information contained herein is believed to be true and correct at the time of our response. It is not, and should not be construed as, a guarantee or warranty, or a part of our contractual or other legal obligations. Disclosure, reproduction or transmission, in whole or in part, without prior written consent of The Kerfoot Group is not permitted.