

AGceptional

WOMEN'S CONFERENCE



What's Next?

14TH ANNUAL CONFERENCE



NORTHEAST COMMUNITY COLLEGE

WELCOME TO

AG*ceptional*
WOMEN'S CONFERENCE

What's Next?

14TH ANNUAL CONFERENCE

It feels like just yesterday we were here with friends, learning great information about agriculture and becoming the best version of ourselves. In this fast paced world we often find ourselves asking “what’s next?” Sometimes we ask this in an upbeat enthusiastic tone or sometimes in a hesitant and fearful tone. This conference year we want to help you be prepared for “what’s next” in your life. We are all at different places in our journey and so much of our lives can be influenced by others in unexpected ways. The challenge of today is to learn and most importantly meet new wonderful ladies who may be an important part of what’s next for you!

A woman in agriculture can take the lead
Whatever the challenge, whatever the need
She'll rise to meet demands of the day
in her own unique phenomenal way
She's much more than just exceptional
Yes, She is what we call AgCeptional.

A story to tell, a lesson to learn.
AgCeptional women are taking their turn.
The seeds they plant grow tall and strong.
They've been ignored for far too long.
Let's give credit where credit is due.
AgCeptional women are making it through.

They make it through good times, they make it through tough.
They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.

Let's give credit where credit is due,
AgCeptional women are tried and true.

The barn, the field, and tractor too.
Office, industry, business or school.
The garden, garage, yard or home.
Wherever they are, let it be known.
The difference they make is felt, it's real.
We cannot act like it's no big deal.

They make it through good times, they make it through tough.
They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.
Let's give credit where credit is due.
AgCeptional women are tried and true.

By: Corinne Morris

AgCeptional Committee



Tara Smydra

*AgCeptional Director
Dean of Science, Technology, Agriculture
& Math at Northeast Community College*

Jill Heemstra

*Ag Program Director at Northeast
Community College*

Karmen Hake

AgCeptional Administrative Assistant

Liz Doerr

*Pork Producer, Office Administrator and
Zoning Administrator*

Roxanne Dusel

Farm Wife/Grain Producer

Traci Ebel

Substitute Teacher, Ag & FFA Supporter

Kimberly Fehringer

*USDA Rural Development Loan Specialist
Midwest Region*

Karen Grant

Farmer/Livestock Producer

Mary Pat Hoag

*Retired Agriculture Editor, Norfolk Daily
News*

Clare Hornung

*Recruitment Specialist for UNL College
of Agricultural Sciences and Natural
Resources*

Agnes Kurtzhals

*Communications Associate - AMM
Department at UNL's Haskell Ag Lab*

Cori Lamm

*Director of Corporate & Foundation
Relations at Northeast Community
College*

Susan Littlefield

Farm Director KRVN/Rural Radio Network

Hilary Maricle

Farmer/Livestock Producer

Jan Miller

*Pork Producer, Past Nebraska Pork
Producers President*

Corinne Morris

*Retired Dean of Ag, Math, & Science at
Northeast Community College*

Deb Neidig

Producer

Kathy Neidig

Cattle Operation and Business Owner

Courtney Nelson

*Precision Agriculture Trainer at Northeast
Community College*

Madisen Randa

*Randa Red Angus, USDA NRCS Soil
Conservationist*

Joan Ruskamp

Farmer/Cattle Feeder

Ashley Weinrich

*Executive Assistant of Science,
Technology, Agriculture & Math at
Northeast Community College*

Whitney Winter

*Llama Producer/Ag Communication/
Journalist*

OPENING SESSION

“Dying to Laugh - How to Be Happy When Life Is a Mess”

This leadership training is designed to help leaders develop “grit.” Some key components to grit may come as a huge surprise. Stacy shares tips and perspective on what “grit” is and how you can model it as a leader. What makes Stacy an expert? Stacy had lost everything at one point, become gravely ill, suffered from severe depression and PTSD, and never quit. She’s walked the walk of what is shared in this talk. AND, yes, there is humor. Participants will walk away with perspective on what grit is and learn actionable steps to take for their own personal lives.



Stacy Pederson
Funny Motivational
Keynote Speaker



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94 ROCK



What's Next?

CELEBRATING WOMEN IN AGRICULTURE

FRIDAY, NOVEMBER 18, 2022

8:00 - 8:30 AM	Check In
8:00 - 9:00 AM	Exhibits, Networking & Breakfast
9:00 - 10:45 AM	Opening Session
9:00 - 9:15	Welcome and Opening Comments
9:15 - 9:45	Video Presentation <i>Sponsored by Farm Credit Services of America</i>
	Tribute to the AgCeptional Woman of the Year
9:45 - 10:45	Keynote Speaker "Dying to Laugh - How to Be Happy When Life Is a Mess" - <i>Stacy Pederson</i> <i>Keynote Sponsored by Nebraska Corn Board</i>
10:50 - 11:40 AM	Red Workshop Session
11:45 - 12:30 PM	Lunch and Networking <i>Lunch Sponsored by Nebraska Soybean Board</i>
12:45 - 1:35 PM	White Workshop Session
1:45 - 2:35 PM	Blue Workshop Session
2:40 - 2:50 PM	Afternoon Snack
3:00 - 4:00 PM	Closing Session
3:00 - 3:45	"Can't Be Stressed and Blessed" - Jill Brown
3:45 - 3:55	Prizes and Closing Comments



THE ROAD TO A **GREENER FUTURE** RUNS THROUGH NEBRASKA.

At the Nebraska Corn Board, we are dedicated to helping farmers grow the crop of the future, while growing their own futures. Look at a few of our initiatives:



MARKET DEVELOPMENT

Accelerating livestock feed and E85 infrastructure upgrades in large markets while expanding international/domestic trade opportunities.



RESEARCH

Funding and finding new uses for corn—from biodegradable plastics to other renewable, environmentally friendly ways corn is replacing petroleum products.



EDUCATION

Creating a STEM Program (Science, Technology, Engineering, Mathematics) built around agriculture.



PROMOTION

Promoting Nebraska's corn industry—including unleaded88 messaging—to develop more ag-literate consumers.

With more than 4,000 products made from corn, opportunities are endless. See more ways we're working for Nebraska's corn farmers at nebraskacorn.gov.

Nebraska Corn. The plant that can change the planet.

OPPORTUNITIES FOR WHEREVER LIFE TAKES YOU

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- JOB SHADOWING
- COLLEGE ASSISTANCE

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Protecting our natural resources for the FUTURE

Nebraska's farmers are growing more with less water and fewer chemicals than ever before. And yet, we still struggle with the quality of our water in some areas.

Nitrate levels in Nebraska's groundwater are on the rise, especially in portions of Northeast Nebraska. The Lower Elkhorn Natural Resources District (LENRD) has analyzed the nitrate data gathered from their Groundwater Quality Sampling Program and have found some troubling trends across their 15-county district.

Data collected over the past 40 years indicates elevated concentrations of nitrate in portions of Cuming, Colfax, and Dodge Counties, reaching levels that could pose health risks to humans and threaten the environment.

The agriculture industry depends on clean water, healthy soil, and pure air to supply a growing world with food, feed, and fuel. Farmers meet daily challenges as they work to protect our resources for future generations.

Working together, we can make a positive impact on the health of our soils and the quality of our groundwater.

Visit nitrateinwater.org to find out more!



1508 Square Turn Blvd.
 Norfolk, 402-371-7313
www.lenrd.org



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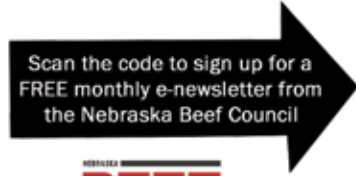
Serving those with an illness or injury that limits ability to perform routine ag tasks

Boone County Farm Bureau

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www.ne.nrcs.usda.gov

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Save the Date!

15th Annual AgCeptional Women's Conference

November 17, 2023

AGceptional

WOMEN'S CONFERENCE

SESSION SCHEDULE

Room	Red Workshops 10:50 AM - 11:40 AM	White Workshops 12:45 PM - 1:35 PM	Blue Workshops 1:45 PM - 2:35 PM
Lifelong Learning Center Suite A	Hemp in Nebraska	Hemp in Nebraska	Hemp in Nebraska
Lifelong Learning Center Suite B	S.A.F.E. (Surviving a Fighting Encounter)	S.A.F.E. (Surviving a Fighting Encounter)	S.A.F.E. (Surviving a Fighting Encounter)
Lifelong Learning Center Suite C	Dedicating Your Life to Service	Growing Intuitive Eaters - Food in the Field	Growing Intuitive Eaters - Food in the Field
Lifelong Learning Center Suite D	How to Look Good and Feel Great on Camera	Drink Clean by Going Green	Ag-Related Tax Issues
Lifelong Learning Center Main Room (Suites E, F, G, H, I, J)	Smartphone Photography for the Farm or Ranch	Keys to Prevent Alzheimer's Disease	Enjoy the Ride, But Wear Padded Shorts: Living Life to the Fullest
Lifelong Learning Center Suite K	Nitrates and Public Health	When the Unthinkable Suddenly Happens: You Are Left to Make the Decisions	Creating Predictable Profits in an Unpredictable Industry
Lifelong Learning Center Suite L	Motherhood 2022 - This Ain't Like Your Mama's Apple Pie!!	Nutritional Management of the Disadvantaged Newborn Calf	Nutritional Management of the Disadvantaged Newborn Calf
College Welcome Center 1108	Ask the Entrepreneurs!	Smartphone Photography for the Farm or Ranch	Smartphone Photography for the Farm or Ranch



Jill Brown
Collisions of Awesomeness,
LLC

“Can’t Be Stressed and Blessed”

It turns out that everything Mom said was true; thank you notes truly are important. Saying thank you is a great way to build a current relationship and maybe even create a new one. Let’s create and discuss opportunities to have an attitude of gratitude.

THE POWER OF PORK IN NEBRASKA

- 1,230** Pig Farms
- 7.8** Million Pigs
- 17,866** Jobs in Pork Production
- 1.65** Billion in Economic Impact

NE Pork
NEBRASKA PORK PRODUCERS ASSOCIATION
WWW.NEPORK.ORG

^ *Simply Saucy Bacon Wrapped Pork Loin.*
Recipe is available on Yummlly.com

RED SESSION

DEDICATING YOUR LIFE TO SERVICE

Dr. Leah Barrett, President, Northeast Community College

- Join President Barrett in a discussion about how leadership is displayed in all aspects of our lives.
- This workshop will briefly explore three perspectives on leadership and how they can be used to frame our work in all aspects of our lives: on the farm, in the office, as a volunteer, and in our families.

HEMP IN NEBRASKA

Arin Sutlief, Senior Lab Technician, Sweetwater Hemp Company

- Define cannabis and the important compounds it contains
- Look at hemp cultivation in Nebraska
- Explore hemp processing and the variety of products you see on the market today

NITRATES AND PUBLIC HEALTH

Elli Rogan, Ph.D., Professor, College of Public Health, UNMC

- Level of nitrates in domestic water supplies in northeast Nebraska
- Adverse health effects associated with higher levels of nitrates in water

SMARTPHONE PHOTOGRAPHY FOR THE FARM OR RANCH

Hannah Gaebel Dorn, Photographer, HG Images Photography

- Phone/camera functions you may not know about
- Composition of photos
- Using the tools and lighting you have available

ASK THE ENTREPRENEURS!

Jessi Korinek, CEO and Co-Founder, Nave Analytics

Chelsea Luthy, Founder and CEO, Meat & Complete, LLC

Britany Wondercheck, Director of Business Development, Marble Technologies

- Join a discussion with a panel of female entrepreneurs from Nebraska
- Learn how to navigate starting a new entrepreneurial pursuit, plus get tips and tricks for running your own business

HOW TO LOOK GOOD AND FEEL GREAT ON CAMERA

Stacy Pederson, Funny Motivational Speaker

- If you want to connect with your audience on video, no matter how inexperienced or uncomfortable you are, this breakout session is for you
- Learn how to be more authentic in front of the camera
- Easy ways to set up a free or inexpensive home studio

S.A.F.E. (SURVIVING A FIGHTING ENCOUNTER)

Sophia Vacha, VWTB Head Instructor

- S.A.F.E. is a program that focuses on women's self-defense
- An opportunity to learn hand-on-hand combat techniques that can help when you are in an undesirable situation

MOTHERHOOD 2022 - THIS AIN'T LIKE YOUR MAMA'S APPLE PIE!!

Kim Vogt, Nebraska Mother of the Year

- History of American Mothers Inc.
- Motherhood - how it's changed through the decades
- Motherhood and self care - if mama's not happy, nobody is happy

Notes:



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Soybean meal is the #1 vegetable protein choice for livestock, poultry and aquaculture.

TOP 5 GLOBAL MARKETS FOR SOYBEAN MEAL



The flowers on the soybean plant produce an average of 40-80 pods that each hold 3-4 seeds (beans).

Soybeans are a "legume" (LEG-yoom), a type of plant that grows its seeds in pods and is used for food.

HUMAN FOOD

Other nutrient-rich soy foods derived from whole soybeans include:



About 2/3 of soybean oil is used in food products. Commonly labeled as vegetable oil, soybean oil is the most widely consumed edible oil in the U.S.



Soybeans produce their own fertilizer by collecting nitrogen from the air, storing it in nodules on their roots and releasing it back into the soil.

Soybeans contain all 9 essential amino acids, making them a complete protein.

Check out these two podcasts/programs made available by the Nebraska Soybean Board!

Grain IQ
Rural Radio Network

▶ Latest Episode

We know farmers are good at producing grain, but we want them to be good at marketing it, too. Grain marketing is a critical part of keeping... MORE Investing

Weekly Market Roundup
Rural Radio Network

▶ Latest Episode

Join us for a conversation about the markets over the past week!

Business News - Updated Weekly



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 TO HELP!**

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Go to BGMA.Nebraska.gov to see if you live within the boundaries.



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FOUNDATION



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WOMAN OF THE YEAR 2021 - JOAN RUSKAMP

For the past 13 years I have had the privilege of serving on the planning committee for the annual AgCeptional Women's Conference. Each year we celebrate every woman involved in agriculture with a highlight of honoring a Woman of the Year. In August 2021, I was surprised at a lunch with friends with the news I would receive the award. I feel such a mixture of emotions. I am humbled, excited, grateful, inspired and challenged to continue sharing my passion for agriculture.

My role in agriculture began as a teenager in Grand Island; I just didn't know it at the time. I was involved in a plant-breeding process for corn called detasseling. With some of my savings from years of detasseling, I bought a horse and kept him at my uncle's acreage. Recognizing my love for animals led me to look at a career in veterinary medicine. A teacher at Northwest High School encouraged me to look at the veterinary technology program at Curtis. I made a campus visit, applied, went for an interview, and was accepted into the program in fall 1978.

Part of the veterinary technology program included an internship. My internship was at a veterinary clinic in O'Neill. The clinic was primarily a large animal practice. I made lifelong friends during the internship and hoped to return to that clinic full time after graduation. It did not have a spot for me so my career as a veterinary technician began in Fremont with Verner Veterinary Clinic.

Working for Dr. Verner in Fremont offered me much exposure in treating small and large animals. My work in O'Neill and Fremont really showed me I really enjoyed working with cattle. A few months after I started that job, I met my future husband, Steve, at a wedding dance in nearby Snyder. Steve was sitting across from me as a group of us shared our stories about going to school in Curtis. He noticed I liked horses and invited me to ride this amazing horse he had. Monday morning the phone was ringing as I unlocked the clinic door; it was Steve asking me if I'd like to ride the horse.

The following weekend I visited him where he worked with his dad and brother on a farm and feedlot. One year later we were married in Grand Island, and I began my life as a farm woman near Dodge. Our original plans after getting engaged were to live near Steve's family farm. A tragedy a few months before our wedding would alter more than

where we would live. Steve's brother, Ed, died in a car accident. He was Steve's partner and driver at the family farm. At the same time, Steve's uncle, Roman, asked if we would want to live on the Ruskamp home place where Steve's dad had grown up. The house was empty and needed attention. Steve was all in; I was hesitant when I saw the condition of the old farmhouse.

We moved in, and Steve started to see an expansion of the cattle feeding capability based on the slope of the land and existing buildings to get us started. He phased out of working with his dad in the feedlot and started looking more at how we could build our own business.

I was ready to jump in with both feet until I saw what interest rates were doing to our business plan. I had no idea what it meant to have a line of credit, and I was used to making interest, not paying it. The farm crisis of the 1980s was upon us as we bought a farm and started a family. Our perseverance in living on what we needed and putting any profit back into the farm helped us chug through the '80s and hang onto our farm.

The feedlot expanded and so did our family. We would have five children in a farmhouse that once raised 13 children. While our children were young, I helped as I could with outdoor work and all of the bookwork. I remember working late at night on the computer while the kids slept so I wouldn't get interrupted.

I volunteered with local organizations my kids were with in our town and church. My husband was involved with Nebraska Cattlemen, and I needed to be home when he traveled to meetings and conferences. I believe my roles working on the farm and volunteering as a 4-H leader, catechist, and chairwoman of a variety of committees provided me the foundation needed to be an advocate for agriculture at the state and national levels. We encouraged our children to pursue whatever passion they felt called to. As each one left for college, we did not push that choice on any of them.

When our youngest was in high school, I was able to participate in the Nebraska LEAD Program. Even though I had lived in Nebraska my entire life, I was amazed at how much more I didn't know about our state. The program gave me a stronger conviction about promoting agriculture. When I



Joan and Steve Ruskamp

finished the LEAD program, another opportunity presented itself. A state and national movement called CommonGround was starting. This program features women in agriculture connecting to urban moms with shared values of caring about our families and the food we provide for them. I found a voice for my farm by volunteering for CommonGround, and after 11 years I continue to make time to volunteer wherever I am needed.

Someone noticed my advocacy work, especially for the feedlot cattle sector, and asked me to consider serving the beef checkoff on a national board. I needed Steve's approval because I would be traveling twice a year, and I was now full time at the feedlot. The day before the application was due, Steve gave the go-ahead, and I was appointed by the Secretary of Agriculture to serve on the Cattlemen's Beef Board.

What's next? Opportunities. Challenges. Good times. Difficult times. Experienced women in agriculture know there are ways to minimize the impact of difficult challenges, and we are better when we face the good and the bad together. All of the skills I have today are in thanks to the many leaders, mentors, and friends who taught and encouraged me along the way. I cannot underestimate the value my faith has been in every circumstance, replacing fears with hope. One of my next challenges is to lift up future leaders, including our nine grandchildren.

The annual AgCeptional Women's Conference seeks to bring women together to offer support, be encouraging, and to facilitate friendships across the generations. I want to thank the selection committee for choosing me to be the 2021 Woman of the Year. It is my honor to stand among you as a woman in agriculture, providing food for our families and families around the world.



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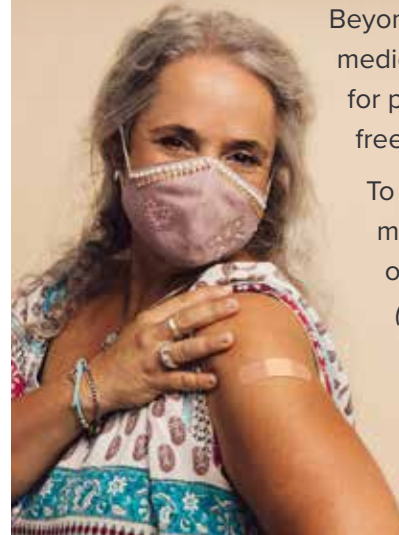
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WHITE SESSION

KEYS TO PREVENT ALZHEIMER'S DISEASE

Keith Vrbicky, MD, FACOG, Midwest OB/GYN, Midwest Health Partners, PC

- Explore a comprehensive plan for reversing the symptoms of Alzheimer's disease and cognitive decline by looking at nutrition, exercise, stress, sleep, and engagement
- Learn why Alzheimer's disease is being referred to as "Type III Diabetes"
- Learn why insulin resistance testing is recommended and the means of reversing Alzheimer's

HEMP IN NEBRASKA

Arin Sutlief, Senior Lab Technician, Sweetwater Hemp Company

- Define cannabis and the important compounds it contains
- Look at hemp cultivation in Nebraska
- Explore hemp processing and the variety of products you see on the market today

GROWING INTUITIVE EATERS - FOOD IN THE FIELD

Hannah Guenther, Nebraska Extension Educator

- The definition of intuitive eating and simple practices to bring it to the table
- Techniques to help youth foster a healthy relationship with food
- Recipe ideas and tricks to get kids excited to try new foods

WHEN THE UNTHINKABLE SUDDENLY HAPPENS: YOU ARE LEFT TO MAKE THE DECISIONS

Robin Wegener

- Know about your operation and where you go from here
- Plan - Compile information and answers when you still have someone to ask
- It's the little things that matter; what to consider to move forward and survive
- Things you never planned or expected
- Build your "OWN" team to navigate and create your "new" legacy and future

DRINK CLEAN BY GOING GREEN

Marty Marx and Kristin Schlueter, NRCS

- Discover the benefits that can be realized by moving toward a total no-till system and incorporating cover crops
- How to manage pasture/rangeland for improved soil health
- Working demonstration of a table-top rainfall simulator showing varying degrees of runoff under different management systems

S.A.F.E. (SURVIVING A FIGHTING ENCOUNTER)

Sophia Vacha, VWTB Head Instructor

- S.A.F.E. is a program that focuses on women's self-defense
- An opportunity to learn hand-on-hand combat techniques that can help when you are in an undesirable situation

NUTRITIONAL MANAGEMENT FOR THE DISADVANTAGED NEWBORN CALF

Karla Wilke, Ph.D., UNL cow-calf, stocker management specialist

Hannah Greenwell, MS, UNL beef systems educator

- No calving season is complete without a calf or two doing time in the house or becoming a ranch mom's new sidekick. While adequate colostrum in the first 24 hours of life is certainly a cornerstone for success, the disadvantaged newborn requires nutrition and management beyond Day 1
- Colostrum - liquid gold - quality, quantity, and timing and how it impacts the newborn
- Beyond colostrum - helping the disadvantaged newborn get a good start
- Rumen development - facilitating the transition from milk to solids

SMARTPHONE PHOTOGRAPHY FOR THE FARM OR RANCH

Hannah Gaebel Dorn, Photographer, HG Images Photography

- Phone/camera functions you may not know about
- Composition of photos
- Using the tools and lighting you have available

Notes:



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NEBRASKA

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BLUE SESSION

ENJOY THE RIDE, BUT WEAR PADDED SHORTS: LIVING LIFE TO THE FULLEST

Tina Collison, Group Fitness Director, Norfolk YMCA

- Take the Life Assessment quiz, create a plan, and reach for the stars because life is too short to do otherwise
- What does getting the most out of life mean?
- What are the six aspects of life?
- Tips to make the most out of life

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HEMP IN NEBRASKA

Arin Sutlief, Senior Lab Technician, Sweetwater Hemp Company

- Define cannabis and the important compounds it contains
- Look at hemp cultivation in Nebraska
- Explore hemp processing and the variety of products you see on the market today

CREATING PREDICTABLE PROFITS IN AN UNPREDICTABLE INDUSTRY

Brandon Baller, Chief Lending Officer, Security Bank

- How to know how much your farm makes each year
- Why your annual meeting with the banker is so important
- What tools can be used to make more informed decisions

NUTRITIONAL MANAGEMENT FOR THE DISADVANTAGED NEWBORN CALF

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AG-RELATED TAX ISSUES

Andrew Steffensmeier, CPA, McMill CPAs and Advisors

- New tax laws
- What's new for 2022

GROWING INTUITIVE EATERS - FOOD IN THE FIELD

Hannah Guenther, Nebraska Extension Educator

- The definition of intuitive eating and simple practices to bring it to the table
- Techniques to help youth foster a healthy relationship with food
- Recipe ideas and tricks to get kids excited to try new foods

S.A.F.E. (SURVIVING A FIGHTING ENCOUNTER)

Sophia Vacha, VWTB Head Instructor

- S.A.F.E. is a program that focuses on women's self-defense
- An opportunity to learn hand-on-hand combat techniques that can help when you are in an undesirable situation

Notes:





Shopping for **Soybean Oil**

By Kaci Vohland - Registered Dietician - Communique, INC.

Have you ever been overwhelmed walking down the aisle of cooking oils at the grocery store? You are not alone. With so many options and the abundance of information available, it can be hard to choose.

Most consumers are looking for options that provide good fats for their family. Soybean oil is a choice that more than fits the bill. You may not think of soybean oil as an option because it is not often labeled as such on the store shelves. Did you know that most “vegetable oils” are 100% soybean oil? Take a look at the ingredients label next time to see for yourself.

Soybean oil is praised for its versatility. Here are just a few uses for soybean oil at home:

- **Sautéing:** Soybean oil has a neutral flavor profile and high heat stability.
- **Deep frying:** This oil has lower levels of polymerization, which can cause buildup on cooking equipment such as fryers (at home or commercially).
- **Baking:** Soybean oil provides favorable and desirable end products.
- **Dressings:** The neutral flavor of soybean oil serves as a vessel to let the intended dressing flavors shine through.

On top of its flexibility, soybean oil also contains many health benefits that consumers are looking for. It is a heart healthy option because it contains poly- and monounsaturated fats. It contains both omega-3 and omega-6 fatty acids and is one of the few non-fish sources of omega-3s, which some studies suggest that people who get more omega-3s may have a lower risk of cardiovascular disease, breast cancer, Alzheimer’s and dementia.

Soybean oil is also a good source of vitamin E that can be included in the U.S. diet. Most Americans do not meet the estimated average requirement

(EAR) for vitamin E, even though it is important for vision, skin and brain health. Additionally, soybean oil does not promote inflammation.

In 2017, the U.S. Food and Drug Administration (FDA) even recognized soybean oil for its cardiovascular health benefits with a qualified health claim. It states, *“Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day.”*

Some may be concerned about food allergies since soy is one of the top nine allergens in the U.S. However, even those with a soy allergy can safely consume highly refined soybean oil without having an allergic reaction because it does not contain the soy protein (which is what causes the allergic reaction).

High oleic soybean oil (HOSO) is a newer innovation of soybean oil that commercial operations have been utilizing. HOSO, which is higher in monounsaturated fat, provides several benefits such as extended shelf life for processed foods and extended fryer life for the food industry. It also provides heart health benefits while delivering a neutral taste profile.

Lastly, both soybean oil and high oleic soybean oil are U.S. grown. The soybeans used to make these oils are grown by U.S. farmers, making them an economical choice. With the heart health benefits and ability to support our soybean farmers, soybean oil is a winning choice for you and your family.

Sources and references:

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