



HIGH OLEIC SOYBEAN OIL

Grown and made in **Indiana**, this oil offers benefits to **you** and the **community**.



High oleic soybean oil is a cutting-edge innovation supported by farmer-funded checkoff organizations, which invest in research to develop soybeans with improved oil and protein qualities.

Indiana leads the world in high-oleic soybean production, planting over **700,000** acres in 2025

Oil from these soybeans

- Extends **shelf life**.
- Offers the **longest fry life** of any edible oil.
- Features a **heart-healthy** fat profile endorsed by the **American Heart Association**.



Heart-Healthy

The FDA authorized a qualified **health claim** for oils high in oleic acid, including high oleic soybean oil, highlighting their association with a **reduced risk of coronary heart disease** when used as a substitute for oils higher in saturated fats.

Improves Operation

Extends a products' shelf life, and offers a **longer fry life** than any edible oil. High oleic soybean oil has a **higher smoke point** and results in cleaner equipment.

Financial Benefit

High oleic soybean oil may cost more upfront, but its longer fry life and stability **save money over time** by reducing waste and oil replacement. As production grows, its price premium over other stable oils drops, and domestic supply keeps transportation costs low.

LEARN MORE
incornandsoy.org/higholeic

HEART-HEALTHY

The FDA approved a qualified health claim for oils rich in oleic acid, such as high oleic soybean oil, indicating that these oils may **lower the risk of coronary heart disease** when they replace oils with higher levels of saturated fats.

High oleic soybean oil contains no trans-fat, lower saturated fat and three times the amount of beneficial monounsaturated fatty acids, compared to many conventional vegetable oils. This oil is more beneficial for heart health when consumed in moderation.

It features a **neutral flavor profile**, allowing the true and natural flavors of ingredients to stand out. High oleic soybean oil ensures no taste transfer between cooking two different foods, maintaining the distinct flavors of each dish.

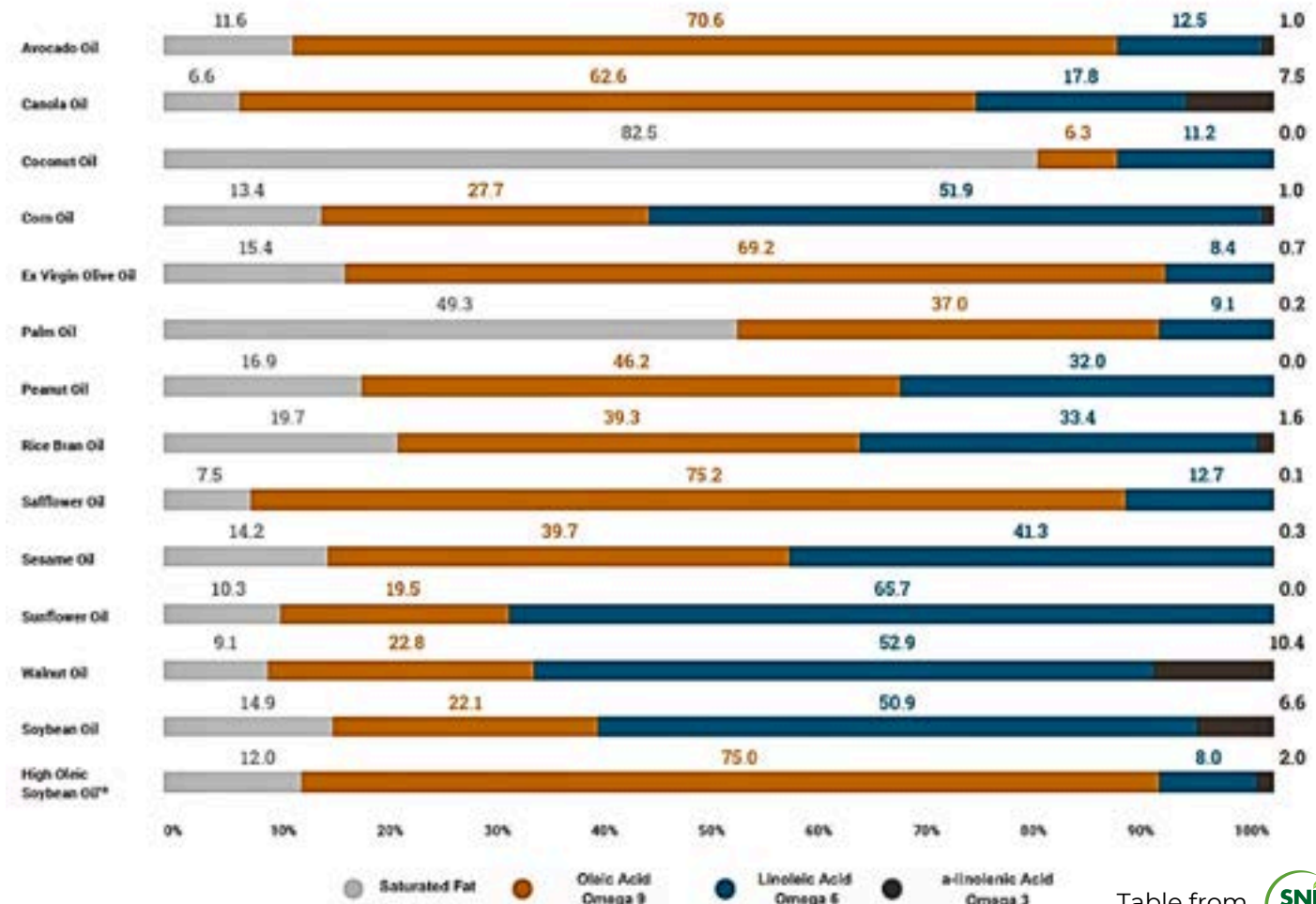


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FINANCIAL AND OPERATIONAL BENEFIT

High oleic soybean oil provides **improved resistance to oxidation** and reduced build-up of polymers on foodservice equipment in high-heat applications, leading to **less equipment maintenance** and **lower operating costs**.



It lasts longer than standard vegetable oils in high-temperature and extended-use applications due to its heat and oxidative stability. With an oxidative stability index (OSI) of over 25 hours, high oleic soybean oil offers savings for foodservice operations.

It offers food manufacturers a U.S. grown, **sustainable ingredient** and qualifying products can be labeled as **“U.S. grown”** and **“heart healthy.”** It also offers food manufacturers the ability to remove natural and synthetic antioxidants that are often added to edible oils used in food applications to control oxidation and **extend product shelf life**. While these food-grade chemicals have been used successfully and safely for years, the use of high oleic soybean oil eliminates the need for such additives.

Helping Restaurants Reduce Their Environmental Impact



REDUCE FOOD WASTE

High oleic has extended shelf life, reducing the amount of oil used = less oil



REDUCE WATER USAGE

High oleic reduces cleaning of equipment and surfaces = less and cleaner water and less harsh chemicals



REDUCE SHIPMENTS

Less oil used reduces the need for new supplies = reduced transportation



REDUCE PACKAGING

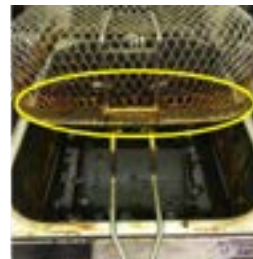
Fewer oil jibs used = less packaging



CLEANLINESS AND SAFETY

Fewer laborious oil changes, less cleaning, improved cleanliness of equipment and facilities, less foaming, improved safety

Standard Oil



High Oleic



Less Oxidation = Cleaner Equipment

SUSTAINABILITY

U.S. soybean growers are committed to being stewards of the land that they farm. They employ a variety of sustainable practices to reduce their overall land use, soil erosion, energy use and total greenhouse gas emissions, and improve water use efficiency and quality. In line with their commitment to sustainability, U.S. soybean farmers are working towards meeting these goals by 2030:

REDUCE LAND USE BY 10%

REDUCE SOIL EROSION BY AN ADDITIONAL 25%

INCREASE ENERGY USE BY 10%

REDUCE TOTAL GREENHOUSE GAS EMISSIONS BY 5%

 **SOY**



LOCAL USERS

The Indiana Soybean Alliance has introduced many vendors to the benefits of high oleic soybean oil. These food service operators have seen positive results from using the oil.



RITZ CHARLES



INDIANAPOLIS ZOO

➤ GAINBRIDGE
FIELDHOUSE

FAIR OAKS
— FARMS —



ANDRETTI

"ISA introduced us to the high oleic soybean oil. You get cleaner tasting food. There's less greasy fryer smell in the air. The oil just stays clearer for longer, and it really is a lot easier to filter."

CHRIS ALBANO
LEVY, SENIOR EXECUTIVE CHEF AT
GAINBRIDGE FIELDHOUSE

"By switching to the high oleic soybean oil, not only is it producing a better tasting food, but it's also more efficient for our concessionaire to use."

JOEL ZAWACKI
VP & CHIEF COMMERCIAL OFFICER AT
INDIANAPOLIS INDIANS

"Because it (High Oleic Soybean Oil) is able to be cleaned and kept fresh longer, we probably get two to three extra days of fry life out of each fryer."

MISSY HARMON
FAIR OAKS, KITCHEN MANAGER

**SCAN TO HEAR
TESTIMONIALS
FROM THOSE
USING THE OIL**



SOURCING THE OIL

Indiana farmers grow high oleic soybeans, which are processed into oil by crushers and refiners. From there, the oil is distributed to food manufacturers and foodservice distributors.

WAYS TO PURCHASE THE OIL

- Ask your foodservice distributor (**U.S. Foods, Sysco**, etc.) for **100% high oleic soybean oil**. Blended products are available, however **full benefits** will be seen from the 100% high oleic soy.
- 100% high oleic soybean oil can also be sourced at processing facilities like **Quality Roasting**, which uses an expeller pressed technique and **ships direct**. Other processors include, but are not limited to, **ADM, Bunge, Perdue AgriBusiness**, and **Scoular**.

If you need help sourcing the 100% high oleic or want to try it first, please scan the QR code below to reach out via our website.

"With their oil being a good alternative for frying, growing these beans felt like the right choice. I'm always looking for ways to make a positive impact in the world, and I think growing these beans as a heart-healthy option is one way I can do that."

-Mike Koehne, Greensburg IN

SCAN TO LEARN
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