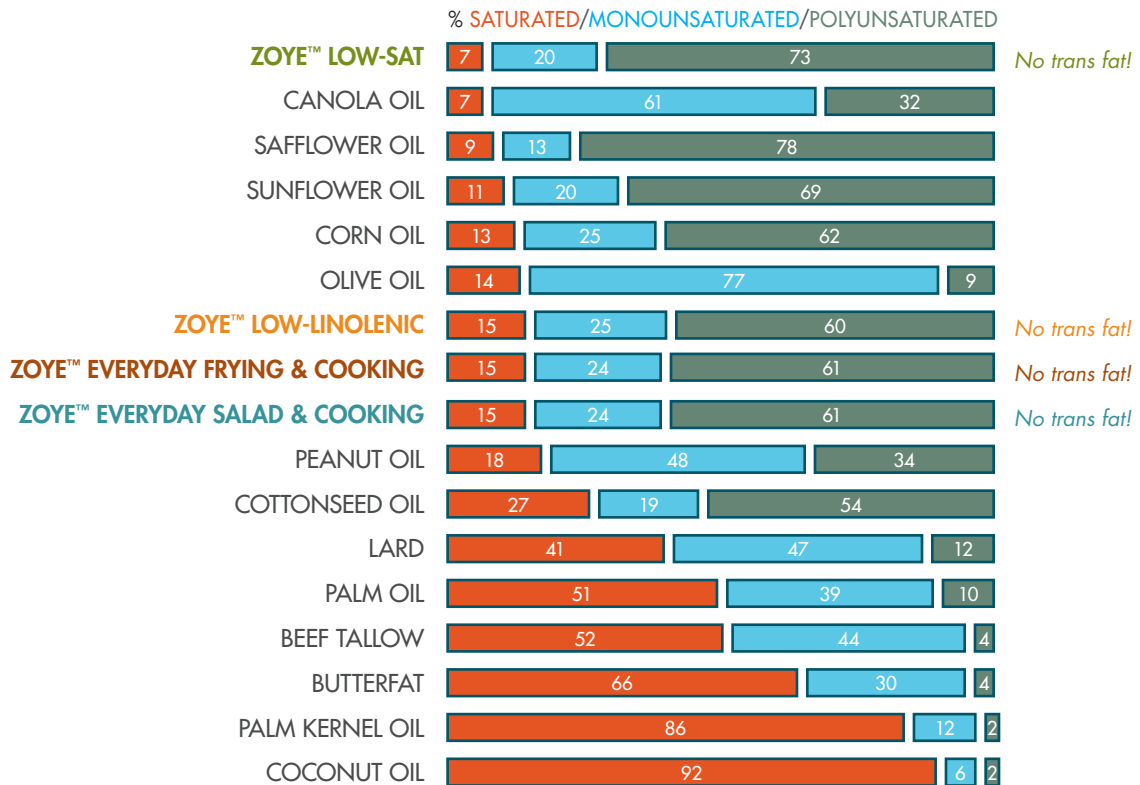




## What's in your Oil?

Zoye pure and natural oils are made from the highest quality, non-GMO, and identity-preserved soybeans that help reduce your saturated-fat intake – making all Zoye oils healthier selections for you.

**No trans fat!** Trans fats are widely known as the worst kind of fats. Fast-food establishments are cutting trans fats from their menus. Like saturated fats, trans fats raise total cholesterol, however, they deplete HDL (the good cholesterol that helps protect against heart disease). When a fatty acid undergoes hydrogenation, a process that makes the fats solid at room temperature, trans fats are formed. Our oil doesn't go through this process, which makes Zoye a non-hydrogenated oil.



### Saturated fats

Saturated fats shouldn't comprise more than 10% of the total calories in your diet, as this type of fat is most strongly linked to producing potentially harmful changes in cholesterol levels and increased risk of heart, liver, and kidney disease. Lard, beef tallow, coconut oil, butter fat, palm and palm kernel oil, all solid at room temperature, are some obvious examples of foods that are high in saturated fatty acids.

### Monounsaturated fats

Some researchers believe monounsaturated fats should be the most plentiful type of fat in your diet, but still shouldn't exceed 30% of your total calories. These fats may play a role in reducing the risk of health problems like heart disease and some cancers.

### Polyunsaturated fats

These fatty acids are found in vegetables and fish oils. They provide the two essential fatty acids the body needs, but can't produce on its own. Replacing saturated fats with polyunsaturated fats is considered helpful in lowering cholesterol.

Source: The American Oil Chemists' Society, 2007 [www.aocs.org](http://www.aocs.org)  
Handbook No. 8-4 and Human Nutrition Information Service, USDA, and American Soybean Association