THE ASSOCIATION FOR DRESSINGS & SAUCES

529 14th Street, NW, Suite 1280 ● Washington, DC 20045 ● (678) 298-1181

E-Mail: ads@kellencompany.com ● Website: www.dressings-sauces.org

Seed Oil Fact Sheet

While seed oils have been the topic of much conversation, it can be difficult to separate facts from fiction. The Association for Dressings & Sauces (ADS) is aware of misinformation in the media and on social media related to seed oils and their health benefits. This fact sheet lays out what see oils are, why they are used in dressings and sauces, and the health benefits of seed oil consumption based on scientific research.

What are seed oils?

Seed oils are cooking oils extracted from the seeds of various plants. Seed oils became popular in North America in the late 1900s as an alternative to partially hydrogenated oils. Some examples of seed oils include: canola, corn, cottonseed, soybean, sunflower, safflower, and rice bran oil.

Why are seed oils used in dressings and sauces?

When formulating a recipe, manufacturers have the opportunity to select from a diverse range of oils. Each oil offers its own unique functional and consumer benefits. The oils found in many foods, including dressings and sauces help your body better absorb nutrients from food like Vitamin C, Vitamin E, and folate. These nutrients help fight illness and disease and promote strong overall development.

What are the benefits of seed oils?

- Seed oils contain linoleic acid, an essential fat for heart health. While linoleic acid is key to human health, we cannot produce it on our own, it must be consumed in our diets. The use of seed oils as a fat source in foods such as dressings and sauces is an easy way to get this beneficial nutrient into our diets.
- Clinical research shows that seed oils **do not** cause inflammation or oxidative stress. In fact, studies of large populations demonstrate that a higher intake of seed oils leads to decreased inflammation.
- Seed oils are recommended by the American Heart Association and Academy of Nutrition and Dietetics
- Highter intake of plant oils is linked to a reduced risk of premature death

2025-2030 Dietary Guidelines for Americans

- The new Dietary Guidelines for Americans (DGAs) were released by Health and Human Services (HHS) and the United States Department of Agriculture (USDA) on January 7, 2026. The new guidelines focus on prioritizing protein, consuming dairy, eating a variety of fruits and vegetables, incorporating healthy fats, consuming whole grains, and limiting highly processed foods.
- As mentioned above the seed oils contained in dressings and sauces can improve the uptake of vitamins and minerals in the recommended vegetables. In addition, adding a dressing or sauce to fruits or vegetables may encourage consumers to eat more of these nutrient dense foods.
- The dietary guidelines also focus on the incorporation of heath fats. The DGAs list olive oil, butter, or beef tallow specifically, however, as described above seed oils have many benefits consumers can take advantage of when selecting how to incorporate healthy fats