

Are We Cooking Our Kids Sick?

The Danger of Seed Oils in Today's Food

By Robert Ferguson

Robert's Note:

For years, I've preached that better health begins in the kitchen. Today, I'm doubling down on this message, while recognizing that better health also begins with the soil—how our food is grown, what chemicals are used, and every step in the process, all the way to when and where we buy it.

One of the simplest and most impactful steps we can take today is to become more aware of the oils we cook with, the ones hidden in the foods we eat, and even those found in the supplements we take—whether they are ultra-processed or minimally processed.

As you read this article, remember there's a quick and easy test you can take in the privacy of your home. This test (called the Balance Test), which most doctors don't offer, will reveal your fatty acid levels and help you understand how to improve them. Schedule a free consultation with me or email me at Robert@dietfreelife.com to learn more.

Enjoy this article, and please share it with others—it could make a difference in their health!

Did you know that the oils you cook with might be hurting your health? Scientists are studying whether certain oils, like soybean oil and corn oil (commonly referred to as vegetable seed oils), specifically the fatty acid in these oils called linoleic acid, could be one reason why more young people are being diagnosed with colon cancer. These oils are found in many of the foods we eat every day, such as chips, salad dressings, and fried foods.

The Growing Concern

A recent study from the University of Michigan found that soybean oil caused inflammation, or swelling, in the guts of mice. This inflammation makes it easier for colon cancer to grow. Scientists also found that these oils can harm the helpful bacteria in our stomachs that keep us healthy.

Soybean oil is the most consumed type of edible oil in the United States. It is commonly found in fried foods, canned fish, salad dressings, and margarine—a product once heavily encouraged by the American Heart Association as a "healthier" alternative to butter. Don't believe it? Grab a jar of mayonnaise, a bag of chips, or ask a restaurant what oil they're using in the kitchen, and you'll discover that soybean oil is a key ingredient in most packaged foods and the go-to cooking oil for many restaurants.

Colon cancer cases in young adults have increased in recent years, and some researchers believe that cooking oils high in omega-6 fats (specifically linoleic acid), like soybean and corn oil, could be partly to blame. Years ago, people consumed roughly equal amounts of omega-6 and omega-3 fats. Omega-3s are often called the "good fats" because they are known for reducing inflammation, improving cognitive function, and lowering the risk of Alzheimer's disease and other chronic conditions.

The problem with omega-3s today is that most people aren't getting enough of them. Instead, diets are overloaded with omega-6 fats from processed foods and cooking oils. This imbalance—too much

omega-6 and too little omega-3—leads to chronic inflammation, which is linked to colon cancer and numerous other health problems.

A Bigger Problem Than You Think

One big reason more young people are being diagnosed with cancers, like colon cancer, could be because they've grown up eating more seed oils than their parents and grandparents. Let's face it: there are more seed oils in our food supply today than ever before.

It's not just about cooking with these oils. Again, seed oils are everywhere:

- They're in packaged foods like chips, cookies, salad dressings, and sauces.
- They're fed to the animals we eat, like chickens, turkeys, cows, and farm-raised fish.

When you eat meat, eggs, or fish from animals fed diets high in seed oils, you're eating those oils too. Take a typical egg from the grocery store. If you test it, it may have 20 times more omega-6 fatty acids than omega-3s. Compare that to a pasture-raised egg, which has a healthier and more natural balance of omega-6 to omega-3 fats. This imbalance adds up over time, creating a "compound effect" that may explain why younger generations are facing more health issues, including cancer.

Be a Label Detective

To protect your health, it's important to cut back on these oils. But avoiding them isn't just about cooking at home. You also need to check the ingredient labels on processed and packaged foods. Look out for these oils in the ingredients list and try to avoid them.

Use **Robert Ferguson's Terrible 10** as a guide. These oils are high in linoleic acid, which can trigger inflammation and contribute to an array of health conditions:

1. **Safflower Oil** (~75% linoleic acid)
2. **Grapeseed Oil** (~70% linoleic acid)
3. **Sunflower Oil** (~65% linoleic acid)
4. **Corn Oil** (~58% linoleic acid)
5. **Soybean Oil** (~55% linoleic acid)
6. **Cottonseed Oil** (~52% linoleic acid)
7. **Sesame Oil** (~42% linoleic acid)
8. **Rice Bran Oil** (~35% linoleic acid)
9. **Peanut Oil** (~32% linoleic acid)
10. **Canola Oil** (~20-28% linoleic acid)

What You Can Do

Here are some easy ways to protect your health:

- **Switch to healthier oils:** Use extra virgin olive oil, extra virgin avocado oil, extra virgin coconut oil, or extra virgin palm oil instead of the oils in the Terrible 10 list. These oils are healthier for many reasons, including their low levels of linoleic acid. In addition to using these oils, I also cook with grass-fed butter and beef tallow.

- **Eat more omega-3-rich foods:** Eat wild fish, and add nuts, and seeds to your meals. These foods help balance omega-6 fats in your body.
- **Choose pasture-raised meat and eggs:** Pasture-raised animals eat natural diets that lead to healthier, more balanced fats in their meat, eggs, and dairy.
- **Limit processed foods:** Chips, fast foods, and baked goods often contain these unhealthy seed oils. Try cooking at home with fresh ingredients.
- **Get a Balance Test:** Find out your omega-6 to omega-3 ratio with a simple Balance Test. Knowing your numbers can help you take the right steps to improve your health.

Take Control of Your Health

You have the power to make better choices for your health. If you want to learn more about how to avoid these harmful oils or create a personalized plan for eating healthier, schedule a **free consultation** with me, Robert Ferguson, or the person who shared this article with you. Together, we'll figure out your omega-6 to omega-3 ratio and take steps to improve your health!

References

1. University of Michigan study on soybean oil and gut inflammation: [Link to study.](#)
2. Research on omega-6 to omega-3 imbalances and their impact on health: [NIH Omega-3 and Omega-6 Fatty Acids.](#)
3. Data on rising rates of colon cancer in young adults: [American Cancer Society: Colon Cancer in Young Adults.](#)
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