

## Soybean Oil Study (STAR)

### Main Study Question

The purpose of this study was to determine if different kinds of soybean oil would have an effect on markers of risk for heart disease and diabetes.

### Motivation for Research

Metabolic syndrome, a clustering of medical conditions which includes: obesity, elevated blood pressure, elevated fasting blood sugar, high blood triglycerides, and low high-density lipoprotein ('good' cholesterol) levels, is increasing dramatically among Americans. It is associated with the risk of developing cardiovascular disease and diabetes. The purpose of this study was to investigate whether different types of soybean oils high in monounsaturated fatty acids and free of trans fats would have an effect on any of the above mentioned metabolic syndrome conditions, as well as other risk factors for cardiovascular disease, relative to standard soybean oil or palm oil.

The study ran from the middle of May, 2015 until the beginning of October, 2015.

