



# Information About Oils

The National Edible Oil Distributors' Association

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## Soyabean Oil



## Soyabean Oil – Information About Oils

Soybean is a species of legume, native to East Asia, widely grown as a multi-purpose bean. It is grown in areas with hot summers (optimum growing conditions in temperatures of 20 to 30 °C). The main producing countries are the USA, Brazil and Argentina.

A liquid oil extracted from the beans of a soya plant. The plant is approximately 50cm high and the soya-beans are found in the pods, which contain between 2 and 4 beans. The beans vary in size and shape, and may be round or oval according to the variety. The colour varies from yellow to green. The harvest starts when the soybean ripens, which occurs with the shedding of the leaves. Harvesting usually begins around late September/early October in the Northern Hemisphere.

Soyabean oil is the world's 2nd largest vegetable oil crop, at around 36 million tonnes. The crop is grown extensively in South America and the USA. Today, the EU produces only 8% of the soyabeans it crushes with the remaining balance imported, representing around 13 million tonnes.

On crushing mature beans, the yield is on average only 18-20% oil with 78-80% meal obtained which provides a major, high protein ingredient for animal feeds. Soyabean oil is one of the world's most used vegetable oils for edible applications, hence it is mainly used in applications like baking fats, mayonnaise, frying oil, salad and cooking oils and as an ingredient in margarine and spreads. Besides food applications, soyabean oil is also used by the chemical and technical industry in applications like varnish and lacquer.

### Nutritional Composition

per 100g		
Energy		
3700KJ/900Kcal		
Saturates		
14-16g		
Monounsaturates		
23-26g		
Polyunsaturates		
58-62g		
Of Which	Omega 3	6-7g
	Omega 6	52-55g
Vitamin E		11-15mg

Soyabean production is one of the fastest growing industries in South America and is one of the largest sources of income, generating development and providing employment in several countries in the region. Extensive cultivation and the expansion of agricultural frontiers also entail high social and environmental costs, such as deforestation, water pollution and soil erosion. Rapid growth of soya production also signifies a threat to the rich biological diversity in the region.

The Round Table on Responsible Soy Association (RTRS) is a multi-stakeholder initiative which aims to facilitate a global dialogue on soya production that is economically viable, socially equitable and environmentally sound. It provides stakeholders and interested parties – producers, social organizations and business and industry - with the opportunity to jointly develop global solutions leading to responsible soya production.

