The Shocking Truth About Vegetable Oils (And Why They Should Be Avoided)

Categories: General, Health/Fitness

Like most of us, we get through a fair amount of vegetable oil each year. To be fair we actually mainly use olive oil, but we tend to use the cheaper olive oil, rather than extra virgin, so who knows how much this is processed as well...

Apparently the average person in the US consumes around 70lbs of vegetable oil each year! If you consume a lot of vegetable oil you really should read the post below as some of the facts about the production, processing and health risks are pretty shocking. It might just be time to revert back to lard and butter (seriously, it might be!)

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(Photo from: Thank Your Body)