

# Sunflower Oil Nutrition Facts



One tablespoon of sunflower oil (14g) provides 120 calories, 0 grams of carbohydrates, 0 grams of fiber, 0 grams of protein, 14 grams of fat, and 0 grams of sugars. Sunflower oil is a good source of vitamin E and contains polyunsaturated and monounsaturated fats that can support heart health.

- Calories: 120
- Fat: 14g
- Carbohydrate: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 0g

# Sunflower Oil Health Benefits

## Promotes Heart Health

Sunflower oil is rich in omega-6 fatty acids and oleic acid, which improve heart health by helping to lower harmful LDL cholesterol when used in place of saturated fats.



## Improves Skin Health

Sunflower oil contains vitamins E, A, D, and C, which help skin cells regenerate and prevent acne.



## Prevents Arthritis

Sunflower oil contains linoleic acid, which may decrease inflammation in the skin and reduce the severity of rheumatoid arthritis.



## Prevents Asthma

Sunflower oil contains vitamin E, which reduces bronchoconstriction associated with asthma, showing lower prevalence of wheezing, coughing, and shortness of breath.

