|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hg.d,j Oil or Fat** | **Unsat./Sat. ratio** | Saturated | | | | | Mono unsaturated | Poly unsaturated | |
|  | | | | |  |  | |
| **Capric Acid  C10:0** | **Lauric Acid  C12:0** | **Myristic Acid  C14:0** | **Palmitic Acid  C16:0** | **Stearic Acid  C18:0** | **Oleic Acid  C18:1** | **Linoleic Acid (ω6)  C18:2** | **Alpha Linolenic Acid (ω3) C18:3** |
| Almond Oil | 9.7 | - | - | - | 7 | 2 | 69 | 17 | - |
| Beef Tallow | 0.9 | - | - | 3 | 24 | 19 | 43 | 3 | 1 |
| Butterfat (cow) | 0.5 | 3 | 3 | 11 | 27 | 12 | 29 | 2 | 1 |
| Butterfat (goat) | 0.5 | 7 | 3 | 9 | 25 | 12 | 27 | 3 | 1 |
| Butterfat (human) | 1.0 | 2 | 5 | 8 | 25 | 8 | 35 | 9 | 1 |
| Canola Oil | 15.7 | - | - | - | 4 | 2 | 62 | 22 | 10 |
| Cocoa Butter | 0.6 | - | - | - | 25 | 38 | 32 | 3 | - |
| Cod Liver Oil | 2.9 | - | - | 8 | 17 | - | 22 | 5 | - |
| Coconut Oil | 0.1 | 6 | 47 | 18 | 9 | 3 | 6 | 2 | - |
| Corn Oil (Maize Oil) | 6.7 | - | - | - | 11 | 2 | 28 | 58 | 1 |
| Cottonseed Oil | 2.8 | - | - | 1 | 22 | 3 | 19 | 54 | 1 |
| Flaxseed Oil | 9.0 | - | - | - | 3 | 7 | 21 | 16 | 53 |
| Grape seed Oil | 7.3 | - | - | - | 8 | 4 | 15 | 73 | - |
| Illipe | 0.6 | - | - | - | 17 | 45 | 35 | 1 | - |
| Lard (Pork fat) | 1.2 | - | - | 2 | 26 | 14 | 44 | 10 | - |
| Olive Oil | 4.6 | - | - | - | 13 | 3 | 71 | 10 | 1 |
| Palm Oil | 1.0 | - | - | 1 | 45 | 4 | 40 | 10 | - |
| Palm Olein | 1.3 | - | - | 1 | 37 | 4 | 46 | 11 | - |
| Palm Kernel Oil | 0.2 | 4 | 48 | 16 | 8 | 3 | 15 | 2 | - |
| Peanut Oil | 4.0 | - | - | - | 11 | 2 | 48 | 32 | - |
| Safflower Oil\* | 10.1 | - | - | - | 7 | 2 | 13 | 78 | - |
| Sesame Oil | 6.6 | - | - | - | 9 | 4 | 41 | 45 | - |
| Shea nut | 1.1 | - | 1 | - | 4 | 39 | 44 | 5 | - |
| Soybean Oil | 5.7 | - | - | - | 11 | 4 | 24 | 54 | 7 |
| Sunflower Oil\* | 7.3 | - | - | - | 7 | 5 | 19 | 68 | 1 |
| Walnut Oil | 5.3 | - | - | - | 11 | 5 | 28 | 51 | 5 |













