|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Hg.d,j Oil or Fat** | **Unsat./Sat.ratio** | Saturated | Monounsaturated | Polyunsaturated |
|  |  |  |
| **CapricAcidC10:0** | **LauricAcidC12:0** | **MyristicAcidC14:0** | **PalmiticAcidC16:0** | **StearicAcidC18:0** | **OleicAcidC18:1** | **LinoleicAcid (ω6)C18:2** | **AlphaLinolenicAcid (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 |













