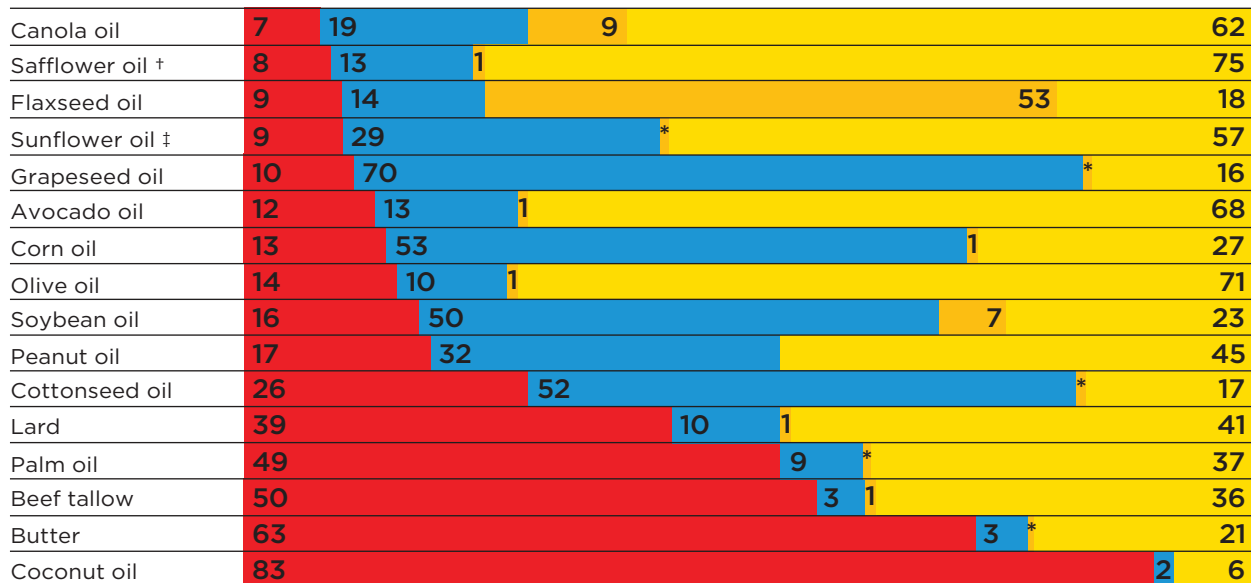


Comparison of Dietary Fats

Dietary Fat



Saturated Fat



Polyunsaturated Fat



linoleic acid
(an omega-6
essential fatty acid)



alpha-linolenic acid
(an omega-3
essential fatty acid)

Monounsaturated Fat



oleic acid
(an omega-9 fatty acid)

† High Oleic ‡ Mid Oleic * Trace

Fatty acid content expressed as g/100g fat

SOURCE: FOODDATA CENTRAL (SR LEGACY) ACCESSED JULY 2025