Comparison of Dietary Fats

Die	tary	Fat

Canola oil	7	19			9						62	
Safflower oil †	8	13	1								75	
Flaxseed oil	9	14							53		18	
Sunflower oil ‡	9	29			*						57	
Grapeseed oil	10	70								*	16	
Avocado oil	12	13		1							68	
Corn oil	13	53	3					1			27	2025
Olive oil	14	10)	1							71) JULY
Soybean oil	16		50						7		23	ACCESSED JULY 2025
Peanut oil	17		32								45	
Cottonseed oil	26			52						*	17	.EGACY
Lard	39					10	1				41	AL (SR I
Palm oil	49						9	ķ			37	CENTR/
Beef tallow	50						3	1			36	DATA
Butter	63								3 *		21	E: F00I
Coconut oil	83									2	6	SOURCE: FOODDATA CENTRAL (SR LEGACY)

Saturated Fat	Polyunsaturated Fa	Monounsaturated Fat			
•	linoleic acid (an omega-6 essential fatty acid)	alpha-linolenic acid (an omega-3 essential fatty acid)	oleic acid (an omega-9 fatty acid)		