

## Fatty Acid Composition of Some Common Edible Fats/Oils

### Percent by Weight of Total Fatty Acids.

Oil or Fat	Unsat./Sat. ratio	Saturated					Mono-unsaturated	Poly-unsaturated	
		Capric Acid	Lauric Acid	Myristic Acid	Palmitic Acid	Stearic Acid	Oleic Acid	Linoleic Acid (ω6)	Alpha Linolenic Acid (ω3)
		C10:0	C12:0	C14:0	C16:0	C18:0	C18:1	C18:2	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	-
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	-
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

\* Not high-oleic variety.

Percentages may not add to 100% due to rounding and other constituents not listed.

Where percentages vary, average values are used.

## Comparison of Dietary Fats

CocoScience VCO	1%	5%	94%		
BEEF TALLOW*	2%	1%	49%	48%	
BUTTER FAT*	3%	1%	28%	68%	
LARD*	9%	1%	47%	43%	
OLIVE OIL	9%	1%	75%	15%	
PALM OIL	10%	TRACE	39%	51%	
CANOLA OIL	21%	11%	61%	7%	
PEANUT OIL	31%	TRACE	48%	19%	
SESAME OIL	43%	1%	40%	15%	
CORN OIL	57%	1%	29%	13%	
BORAGE OIL	37%	24%	25%	12%	
SOYBEAN OIL	54%	8%	23%	15%	
WHEAT GERM OIL	55%	7%	17%	19%	
WALNUT OIL	54%	11%	24%	11%	
SUNFLOWER OIL	71%	1%	16%	12%	
FLAX SEED OIL	14%	58%	19%	9%	
GRAPE SEED OIL	72%	1%	17%	10%	
SAFFLOWER OIL	76%	TRACE	14%	18%	
EVENING PRIMROSE	73%	1%	10%	7%	9%
HEMP SEED OIL	57%	16%	3%	13%	11%

\*BEEF TALLOW, BUTTER FAT & LARD CONTAIN CHOLESTEROL

1. ■ ■ ■ POLYUNSATURATED FAT :- ■ LINOLEIC ACID , ■ LINOLENIC ACID, ■ GAMMA-LINOLENIC ACID;
2. ■ MONOUNSATURATED FAT;
3. ■ SATURATED FAT.

**COCONUT OIL IS MADE UP OF 94% SATURATED FATS (THE GOOD TYPE = MCT), WITHOUT CHOLESTEROL AND ZERO TRANS-FAT. THE MEDIUM CHAIN TRIGLYCERIDES (C8 TO C12) = 67% AND LONG CHAIN TRIGLYCERIDES (C14 TO C18) = 33%.**