	Saturated Fats										Monounsaturated Fats							Polyunsaturated Fats									
numbers represent percentages	behenic acid	palmitic acid	stearic acid	mysteric acid	lauric acid	caproic acid	butyric acid	caprylic acid	capric acid	arachidic acid	palmitoleic acid	oleic acid	gadoleic acid	godonic acid	erucic acid	cetoleic acid	nervonic acid	linoleic acid	linolenic acid - alpha	linolenic acid - gamma	arachidonic acid	eicosapentaenoic acid	docosahexaenoic acid	stearidonic acid	margaric acid	Eicosenoic	total
rape seed oil		4	2									62	2					20	10								100
walnut oil black		4	3									22						62	6								97
safflower oil (2)		5	2									80						12									99
safflower oil (1)		6	2									13						78									99
faxseed (linseed) oil		6	3									17						14	60								100
hazelnut (filbert) oil		6	2									77						15									100
hemp seed oil		6	2									12						57	19	2							98
perilla seed oil		6	3									17						15	60								100
sunflower seed oil		7	5									19						68	1								100
almond oil		7	2									61						30	1								100
black current oil		7	2									11						47	13	17							97
evening primrose oil		7	2									9						72		10							100
grapeseed oil		7	4									16						72	1								100
walnut oil persian		7	2									23						54	12								98
coconut oil		8	2	18	49			8	7			6						2									100
palm kernal oil		8	2	16	50			4	4			14						2									100
sesame oil		10	5									41						43									99
borage oil		10	4									16		3	3		3	38		23							100
soy bean oil		11	4									23						53	8								99
corn oil		12	2									28						57	1								100
peanut oil	3	12	5							1		46	1					31			1						97
wheat germ oil		12	2									19						60	5								98
olive oil		14	2								1	71						10	1								99
rice bran oil		16	2									42						37	1								98
avocado oil CA		17	0.1								3	68						12	1								100
avocado oil FL		21	1								9	51						17	1								100
cocoa butter		24	35									38						2									99
cotton seed oil		26	2	1							1	18						53									100
butter fat		26	12	12	3	2	4	1	2		2	28						3	1								96
palm oil		45	5	1								39						9									99
chicken fat		23	6	1							8	42						19	1								100
duck fat		26	8	1							4	46						13	1								99
goose fat		22	6	1							3	56						10	1								99
turkey fat		22	6	1							6	38						22	1								96
lard		25	12	1							3	45						10	1								97
beef tallow		25	22	3							3	39						2	1						2		97
lamb tallow		24	25	5							2	33						4	1						2		96
cod liver oil		14	3	4							12	22				11		1				7	7	1			82
herring oil		15	1	9							7	16	16			23		1				3	3				94
menhaden oil		22	3	8							11	21	2			2		2				14	10				95
sweet almond oil	0.1	5.5	2.8								0.2	70						21	0.1		0.1					0.1	100