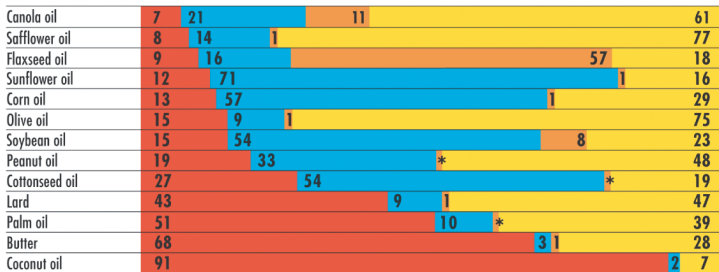


# Comparison of Dietary Oils

Cooking Fat/Oil



SOURCE: POS PILOT PLANT CORPORATION

**SATURATED FAT**



**POLYUNSATURATED FAT**



linoleic acid  
(an omega-6 fatty acid)



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

**MONOUNSATURATED FAT**



oleic acid  
(an omega-9 fatty acid)

\*Trace

Fatty acid content normalized to 100%



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