

COOKING AND SALAD OILS

| | Omega Type | Monounsaturated | Polyunsaturated | Saturated |
|--------------------------|------------|-----------------|-----------------|-----------|
| • Olive | O-9 | 75% | 8% | 17% |
| • Canola | O-6,9 | 55% | 38% | 7% |
| • Sesame | O-6,9 | 39% | 43% | 18% |
| • Peanut | O-9 | 34% | 45% | 21% |
| • Corn | O-6 | 20% | 66% | 14% |
| • Soy | O-6 | 19% | 65% | 16% |
| • Safflower | O-6 | 13% | 79% | 8% |
| • Sunflower | O-6 | 11% | 80% | 9% |
| • Coconut (unhealthy) | O-6 | 5% | 2% | 93% |