

LaShay Canady, Holistic Health Practitioner
Family Health from head to toe and the inside out
 15200 E Girard Ave, Ste 2600 ~ Aurora, CO 80014
 888.690.3456 toll-free ~ 303.886.0673 cell ~ 720.224.9117 fax
 herbalist@thebossgrp.net ~ www.thebossgrp.net



Percentage of Classified Fats for Different Fats and Oils

Fat/oil	Omg-6	Omg-3	Poly	Mono	Sat
Cod liver oil	1.0	20.5	24.5	50.9	24.6
Palm kernel oil	1.7	0.0	1.7	12.1	86.2
Macadamia oil	1.8	0.3	2.1	81.5	16.4
Coconut oil	1.9	0.0	1.9	6.2	91.9
Butter oil (ghee)	2.4	1.5	3.9	30.5	65.6
Butter	2.9	0.4	4.0	27.9	68.1
Beef fat (tallow)	3.2	0.6	4.2	43.7	52.1
Sunflower high oleic oil	3.7	0.2	3.9	86.1	10.0
Mutton fat (tallow)	5.7	2.4	8.2	42.4	49.4
Palm oil	9.5	0.2	9.7	38.7	51.6
Olive oil	10.0	0.8	10.8	75.0	14.2
Goose fat	10.3	0.5	11.5	59.4	29.0
Pork fat (lard)	10.7	1.0	11.7	47.2	41.0
Duck fat	12.6	1.0	13.5	51.7	34.8
Avocado oil	13.1	1.0	14.1	73.8	12.1
Flax oil	13.3	55.8	69.0	21.1	9.8
Safflower high oleic oil	15.1	0.0	15.1	78.4	6.5
Almond oil	18.2	0.0	18.2	73.2	8.6
Canola (rape seed) oil	19.2	9.2	28.5	64.1	7.5
Chicken fat	20.4	1.0	21.9	46.9	31.2
Peanut oil	33.6	0.0	33.6	48.6	17.8
Rice bran oil	35.5	1.7	37.2	41.8	21.0
Sesame oil	43.2	0.3	43.6	41.5	14.9
Soybean oil	53.0	7.1	60.0	23.7	16.3
Cottonseed oil	53.9	0.2	54.3	18.6	27.1

Fat/oil	Omg-6	Omg-3	Poly	Mono	Sat
Corn oil	56.2	1.2	57.4	29.0	13.6
Sunflower oil	68.8	0.0	68.8	20.4	10.8
Grapeseed oil	72.8	0.1	73.1	16.8	10.0
Safflower oil	78.4	0.0	78.4	15.1	6.5

Compiled from USDA Nutrient Database - Note: about 4 to 6 percent of total fats were unclassified

Table Abbreviations:

Omg-6: Omega-6

Omg-3: Omega-3

Poly: Polyunsaturated (including both omega-6 and omega-3)

Mono: Monounsaturated

Sat: Saturated

You need a good mixture of fats in your food plan:

EFAs = unsaturated oils to escort the oxygen into the cells in the body (**see below**)

Saturated fats = protective fat to keep the EFAs healthy (**green and yellow rows above**)

Good EFAs:

Omega 6 – almonds, pecans, sesame seeds, sunflower seeds, corn

Omega 3 – flaxseeds, pumpkin seeds, walnuts, fish, grass-fed beef

Omega 9 – olives and olive oil

Eggs

Whole grains