

Comparación de Grasas en la Dieta

Comparison of Dietary Fats

DIETARY FAT	Fatty acid content normalized to 100 per cent			
Canola oil	7%	21%	11%	61%
Safflower oil	10%	76%	Trace →	14%
Sunflower oil	12%	71%	1% →	16%
Corn oil	13%	57%	1% →	29%
Olive oil	15%	9%	← 1%	75%
Soybean oil	15%	54%	8%	23%
Peanut oil	19%	33%	← Trace	48%
Cottonseed oil	27%	54%	← Trace	19%
Lard*	43%	9%	← 1%	47%
Beef tallow*	48%	2% →	← 1%	49%
Palm oil	51%	10%	← Trace	39%
Butterfat*	68%	3% →	← 1%	28%
Coconut oil	91%	2% →	7%	

*Cholesterol Content (mg/Tbsp): Lard 12; Beef tallow 14; Butterfat 33. No cholesterol in any vegetable-based oil.

Source: POS Pilot Plant Corporation Saskatoon, Saskatchewan, Canada, June 1994

■ SATURATED FAT

■ POLYUNSATURATED FAT

■ MONOUNSATURATED FAT

■ Linoleic Acid

■ Alpha-linolenic Acid (An Omega-3 Fatty Acid)