





COMPARISON OF DIETARY FATS AND OILS

Source: Composition of Foods: Fats and Oils, Agriculture Handbook No. 8-4, United States Department of Agriculture, 1979.

Type of Fat/Oil	Cholesterol (mg)	Fat Content (% of total)			
Coconut Oil	0	87	6	2	5
Butter	33	62	29	4	5
Cocoa Butter	0	60	33	3	4
Beef Tallow	14	50	42	4	4
Palm Oil	0	49	37	9	5
Lard	12	39	45	11	5
Chicken Fat	11	30	45	21	4
Cottonseed Oil	0	30	18	52	
Rice Bran Oil	0	20	39	35	6
Peanut Oil	0	17	46	32	5
Margarine, stick	0	15	37	25	23
Soybean Oil	0	14	23	58	5
Sesame Oil	0	14	40	42	6
Olive Oil	0	14	74	8	4
Corn Oil	0	13	24	59	4
Sunflower Oil	0	10	20	66	4
Safflower Oil	0	9	12	75	4
Canola Oil (rapeseed)	0	5	66	24	5

KEY:	
	Saturated Fat
	Monounsaturated Fat
	Polyunsaturated Fat
	Other Components



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