

27.2 Fatty Acid Proportion (%) in Cooking Oils

Oil	Saturated	Mono-unsaturated	Poly unsaturated (PUFA)
Coconut	95	5	-
Cotton seed	28	22	50
Groundnut	19	47	34
Niger	12	36	52
Palm	46	46	8
Rapeseed-mustard	13	70	17
Rice bran	18	45	37
Safflower	9	18	73
Sesame	18	43	39
Soybean	15	30	55
Sunflower	15	25	60