

27.49 Profile of Oils: Saturated / Unsaturated Fatty Acids

Oil	Saturated (SFA)	Oil Fatty Acid % wt.	
		Mono-un saturated (MUFA)	Poly-un saturated (PUFA)
Mustard/Rapeseed	6	67	27
Cottonseed	28	22	50
Sunflower	12	21	67
Safflower	10	15	75
Soybean	16	24	60
Palm	51	39	10
Olive	14	77	9
Canola	6	58	36
Corn	13	20	62
Coconut	92	6	2
Palm Kernel	86	12	2
Groundnut	20	50	30
Rice Bran	18	45	37
Recommended by WHO	28.6	42.8	28.6