Fatty Acid Percentages of Various Oils

- Coconut
- Palm Kernel
- Palm/Red Palm
- Cottonseed
- Tea Seed
- Wheat Germ
- Peanut
- Soybean
- Sesame
- Olive
- Corn
- Avocado
- Sunflower (high oleic)
- Grapeseed
- Walnut
- Flaxseed
- Almond
- Hazelnut
- Canola
- Safflower