

Table of Vegetable Oils

Table of Fatty Acids in Vegetable Oils

*Units: grams fatty acids per 100 grams oil

Back to: [Fatty Acid Content in Refined Vegetable Oils](#), from Dr. Loren Cordain, at [The Paleo Diet](#)

Fatty Acids		Almond	Apricot kernel	Avocado	Canola	Coconut	Corn	Cottonseed	Flaxseed	Grapeseed	Hazelnut
Common Name	Saturated										
Caproic acid	6:0					0.6					
Caprylic acid	8:0					7.5					
Capric acid	10:0					6.0					
Lauric acid	12:0					44.6					
Myristic acid	14:0					16.8	0.24	0.8		0.1	0.1
Palmitic acid	16:0	6.5	5.8	10.9	4.0	8.2	10.58	22.7	5.3	6.7	5.2
Margaric acid	17:0						0.07				
Stearic acid	18:0	1.7	0.5	0.66	1.8	2.8	1.85	2.3	4.1	2.7	2.0
Arachidic acid	20:0				0.7		0.43				
Behenic acid	22:0				0.4						
Lignoceric acid	24:0				0.2						
Total		8.2	6.3	11.56	7.1	86.5	13.17	25.8	9.4	9.5	7.3
	Monounsaturated										
Palmitoleic acid	16:1	0.6	1.5	2.67	0.2		0.14	0.8		0.3	0.2
	17:1										
Oleic acid	18:1	69.4	58.5	67.89	56.1	5.8	27.33	17.0	20.2	15.8	77.8
Gadoleic acid	20:1				1.7						
Erucic acid	22:1				0.6						
Total		70	60	70.56	58.6	5.8	27.47	17.8	20.2	16.1	78
	Polyunsaturated										
	Omega 6										
Linoleic acid	18:2n6	17.4	29.3	12.53	20.3	1.80	53.52	51.5	12.7	69.6	10.1
Arachidonic acid	20:4n6							0.1			
	Total n6	17.4	29.3	12.53	20.3	1.80	53.52	51.6	12.7	69.6	10.1
	Omega 3										
Alpha linolenic acid (ALA)	18:3n3	0	0	0.96	9.3	0	1.16	0.20	53.3	0.1	0
	Total n3	0	0	0.96	9.3	0	1.16	0.20	53.3	0.1	0
Total Poly		17.4	29.3	13.49	29.6	1.80	54.68	51.8	66	69.7	10.1
	Ratio n6/n3	no n3	no n3	13.1	2.2	no n3	46.1	258.0	0.24	696.0	no n3

Fatty Acids		Mustard	Oat	Olive	Palm	Peanut	Rice bran	Safflower	Sesame	Soybean	Sunflower	Walnut	Wheat germ
Common Name	Saturated												
Caproic acid	6:0												
Caprylic acid	8:0												
Capric acid	10:0												
Lauric acid	12:0		0.39		0.1								
Myristic acid	14:0	1.39	0.24		1.0	0.1	0.7			0.1			0.1
Palmitic acid	16:0	3.75	16.67	10.93	43.5	9.5	16.9	4.29	8.9	10.3	5.9	7.0	16.6
Margaric acid	17:0												
Stearic acid	18:0	1.12	1.05	1.98	4.3	2.2	1.6	1.92	4.8	3.8	4.5	2.0	0.5
Arachidic acid	20:0			0.42		1.4							
Behenic acid	22:0			0.13		2.8							
Lignoceric acid	24:0					0.9							
Total		6.26	18.35	13.46	48.9	16.9	19.2	6.21	13.7	14.2	10.4	9	17.2
	Monounsaturated												
Palmitoleic acid	16:1	0.22	0.2	1.16	0.3	0.1	0.2		0.2	0.2		0.1	0.5
111	17:1			0.14									
Oleic acid	18:1	11.61	34.9	72.29	36.6	44.8	39.1	14.36	39.3	22.8	19.5	22.2	14.6
Gadoleic acid	20:1	6.19		0.31	0.1	1.3			0.2	0.2		0.4	
Erucic acid	22:1	41.18											
Total		59.2	35.1	73.9	37	46.2	39.3	14.36	39.7	23.2	19.5	22.7	15.1
	Polyunsaturated												
	Omega 6												
Linoleic acid	18:2n6	15.33	39.08	9.21	9.1	32	33.4	74.6	41.3	51.0	65.7	52.9	54.8
Arachidonic acid	20:4n6												
	Total n6	15.33	39.08	9.21	9.1	32	33.4	74.6	41.3	51	65.7	52.9	54.8
	Omega 3												
Alpha linolenic acid (ALA)	18:3n3	5.90	1.79	0.79	0.2	0	1.6	0	0.3	6.8	0	10.4	6.9
	Total n3	5.9	1.79	0.79	0.2	0	1.6	0	0.3	6.8	0	10.4	6.9
Total Poly		21.23	40.87	10	9.3	32	35	74.6	41.6	57.8	65.7	63.3	61.7
	Ratio n6/n3	2.6	21.8	11.7	45.5	no n3	20.9	no n3	137.7	7.5	no n3	5.1	7.9

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Go back to the [Paleo Diet](#) home page for more general information.