

Table of Seeds

(grams fatty acids per 100 grams seed)

Fatty Acids		Chia	Flax	Pumpkin	Sesame	Sunflower	Watermelon
Common Name	Saturated						
Lauric acid	12:0			0.04			
Myristic acid	14:0	0.03		0.05	0.12	0.05	
Palmitic acid	16:0	2.03	1.8	5.61	4.4	2.8	5.41
Margaric acid	17:0	0.06					
Stearic acid	18:0	0.90	1.39	2.81	2.1	2.2	4.3
Arachidic acid	20:0	0.09					
Behenic acid	22:0	0.03					
Total		3.14	3.19	8.51	6.66	5.05	9.71
	Monounsaturated						
Myristicoleic acid	14:1	0.03					
Palmitoleic acid	16:1	0.03		0.1	0.15	0.05	0.09
Oleic acid	18:1	2.00	6.87	14.15	18.52	9.36	7.32
Gadoleic acid	20:1	0.05			0.07	0.05	
Total		2.11	6.87	14.25	18.74	9.46	7.41
	Polyunsaturated						
	Omega 6						
Linoleic acid	18:2n6	5.79	4.32	20.7	21.38	32.63	28.1
	Total n6	5.79	4.32	20.7	21.38	32.63	28.1
	Omega 3						
Alpha linolenic acid	18:3n3	17.56	18.12	0.18	0.38	0.07	0
	Total n3	17.56	18.12	0.18	0.38	0.07	0
Total Poly		23.35	22.44	20.88	21.76	32.7	28.1
	Ratio n6/n3	0.33	0.24	115.00	56.26	466.14	no n3

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