

NUTRIENTS IN FATS & OILS Transparency

FATS & OILS	FOOD SOURCE	NUTRIENTS	FATTY ACIDS
BUTTER	milk cheese butter	vitamin A vitamin D	saturated
MARGARINE	vegetable oils	vitamin A vitamin D	saturated
LARD	pork beef poultry fish eggs	vitamin A	saturated
VEGETABLE OILS	corn cottonseed peanut olive soybean safflower oil palm	depends on vegetable source	unsaturated
VEGETABLE SHORTENINGS	corn cottonseed peanut soybean safflower oil palm	depends on vegetable source	saturated