

# VEGETABLE OIL FAT COMPARISON Transparency

Olive		9%	<u>14%</u>
Canola		32%	<u>6%</u>
Peanut		33%	<u>18%</u>
Corn	25%		<u>13%</u>
Soybean	24%		<u>15%</u>
Sunflower	20%		<u>11%</u>
Safflower	13%		<u>10%</u>

CODE:



MONOUNSATURATED FAT



POLYUNSATURATED FAT



SATURATED FAT