

Nutrients in Fats & Oils

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