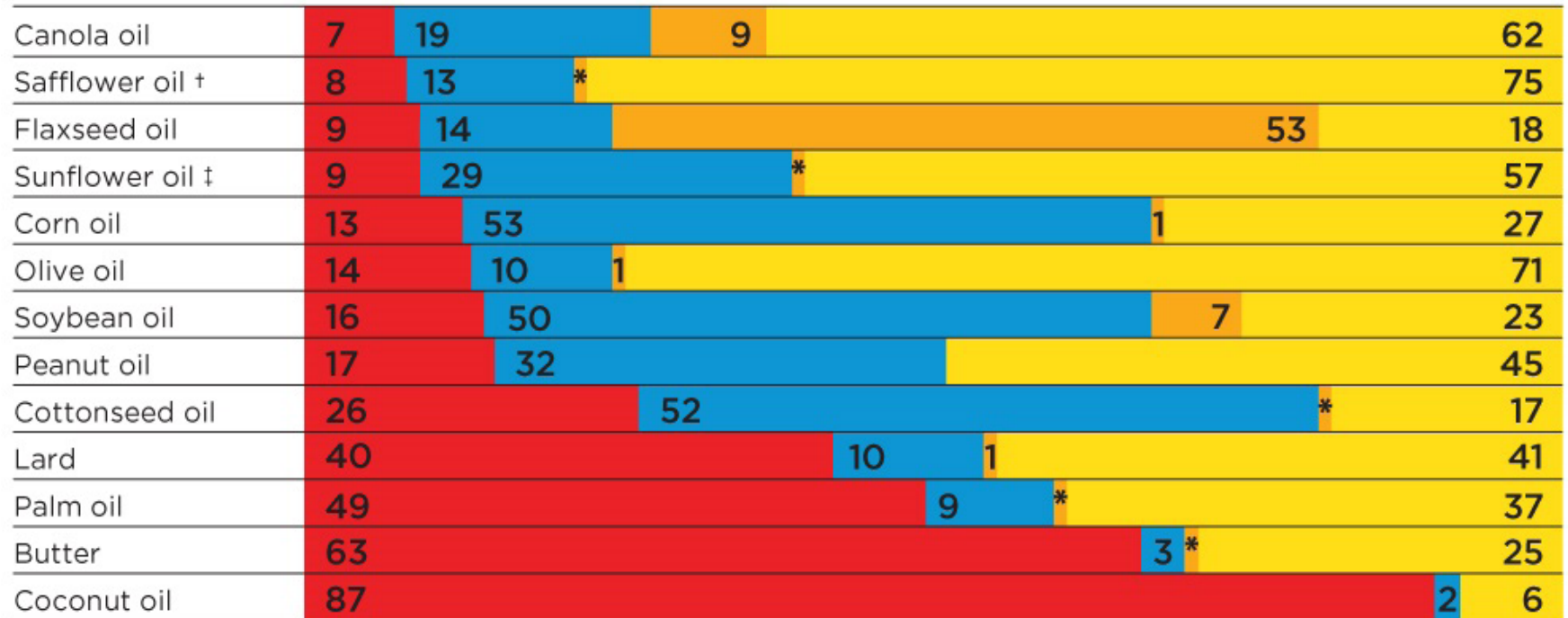


Comparison of Dietary Fats

Dietary Fat



SOURCES: CANADIAN NUTRIENT FILE AND USDA NATIONAL NUTRIENT DATABASE - ACCESSED MAY 2016

Saturated Fat



Polyunsaturated Fat

linoleic acid
(an omega-6
essential fatty acid)

alpha-linolenic acid
(an omega-3
essential fatty acid)

Monounsaturated Fat

oleic acid
(an omega-9 fatty acid)

† High Oleic ‡ Mid Oleic * Trace

Fatty acid content expressed as g/100g fat