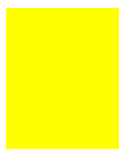
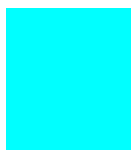


Oil / Fat	Omega 6/3 Ratio	Lipid Composition				Smoke Point		
		°F	°C			°F	°C	
Almond Oil	NA	18	9	73			420	216
Avocado Oil	13	13	12	74			520	271
Beef Fat	5		52	45			400	205
Beef Tallow	5		52	45			400	205
Butter	7		69	28			300	150
Butter, clarified (Ghee)	1.6		66	31			375-485	190-252
Canola (Rapeseed) Oil	2	19	9	8	64		205	400
Chicken Fat	20	20	31	48			375	190
Cocoa Butter	28		56	41			390	199
Coconut Oil, extra virgin	NA		92	6			350	177
Coconut Oil, refined	NA		91	7			450	232
Cod Liver Oil	0.05	22	25	52			NA	NA
Corn Oil	46		56	14	29		450	232
Cottonseed Oil	270		54	27	19		420	216
Duck Fat	13	13	35	51			375	190
Flaxseed Oil, unrefined	0.2	13	56	10	21		225	107
Goose Fat	20	10	29	60			375	190
Grapeseed Oil	728		73	10	17		420	216
Hazelnut Oil	42	8	7	85			430	221
Hemp Oil	3		60	20	8	12	330	166
Macadamia Nut Oil	6	16	81				390-410	199-210
Mustard Oil	2.6	16	6	13	65		490	254
Mutton Tallow	2	6	49	42			400	205
Olive Oil, extra virgin	12.5	10	14	75			375-405	190-207
Olive Oil, extra light	12.5	10	14	75			468	242
Palm Kernel Oil	NA		86	12			450	232
Palm Oil	47	9	51	39			455	235
Peanut Oil	NA	33	18	49			450	232
Pork Fat (Lard)	11	11	41	47			370	188
Pumpkin Seed Oil	100	47	20	32			250	177
Rice Bran Oil	21	36	21	42			415	213
Safflower Oil	NA		78	7	15		510	266
Sesame Oil	144	43	15	41			450	232
Soybean Oil	7.5	53	7	16	24		460	238
Sunflower Oil	345		69	11	20		440	227
Wheat Germ Oil	8	56	8	20	16		225	107
Walnut Oil	5	57	11	23	9		400	205



Polyunsaturated
Omega-6



Polyunsaturated
Omega-3



Saturated



Monounsaturated