

Vegetable oils							
Type	Saturated fatty acids ^[19]	Mono-unsaturated fatty acids ^[19]	Polyunsaturated fatty acids			Oleic acid (ω-9)	Smoke point
			Total poly ^[19]	linolenic acid (ω-3)	Linoleic acid (ω-6)		
Not hydrogenated							
Canola (rapeseed)	7.365	63.276	28.142	9-11	19-21	-	400 °F (204 °C) ^[20]
Coconut	91.00	6.000	3.000	-	2	6	350 °F (177 °C) ^[20]
Corn	12.948	27.576	54.677	1	58	28	450 °F (232 °C) ^[21]
Cottonseed	25.900	17.800	51.900	1	54	19	420 °F (216 °C) ^[21]
Flaxseed/Linseed (European)^[22]	6 - 9	10 - 22	68 - 89	56 - 71	12 - 18	10 - 22	225 °F (107 °C)
Olive	14.00	72.00	14.00	<1.5	9-20	-	380 °F (193 °C) ^[20]
Palm	49.300	37.000	9.300	-	10	40	455 °F (235 °C) ^[23]
Peanut	16.900	46.200	32.000	-	32	48	437 °F (225 °C) ^[21]
Safflower (>70% linoleic)	8.00	15.00	75.00	-	-	-	410 °F (210 °C) ^[20]
Safflower (high oleic)	7.541	75.221	12.820	-	-	-	410 °F (210 °C) ^[20]
Soybean	15.650	22.783	57.740	7	54	24	460 °F (238 °C) ^[21]
Sunflower (<60% linoleic)	10.100	45.400	40.100	0.200	39.800	45.300	440 °F (227 °C) ^[21]
Sunflower (>70% oleic)	9.859	83.689	3.798	-	-	-	440 °F (227 °C) ^[21]
Fully hydrogenated							
Cottonseed (hydrog.)	93.600	1.529	.587		.287 ^[19]		
Palm (hydrogenated)	47.500	40.600	7.500				
Soybean (hydrogen.)	21.100	73.700	.400	.096 ^[19]			
Values as percent (%) by weight of total fat.							