

## Average Fatty Acid Compositions of Fats and Oils\*

	Weight Percentages		
	Saturated	Monounsaturated	Polyunsaturated
<b>Fats</b>			
Butter	59	37	4
Beef	54	44	2
Pork	40	46	14
Chicken	40	38	22
Salmon, Tuna	28	29	43
<b>Oils</b>			
Olive	16	69	15
Peanut	20	45	35
Corn	14	26	60
Soybean	15	27	58
Safflower	11	11	78
Sunflower	12	18	70

\* from *Medical Biochemistry* Bhagavan, N.V.; Harcourt/Academic Press: San Diego, 2002.