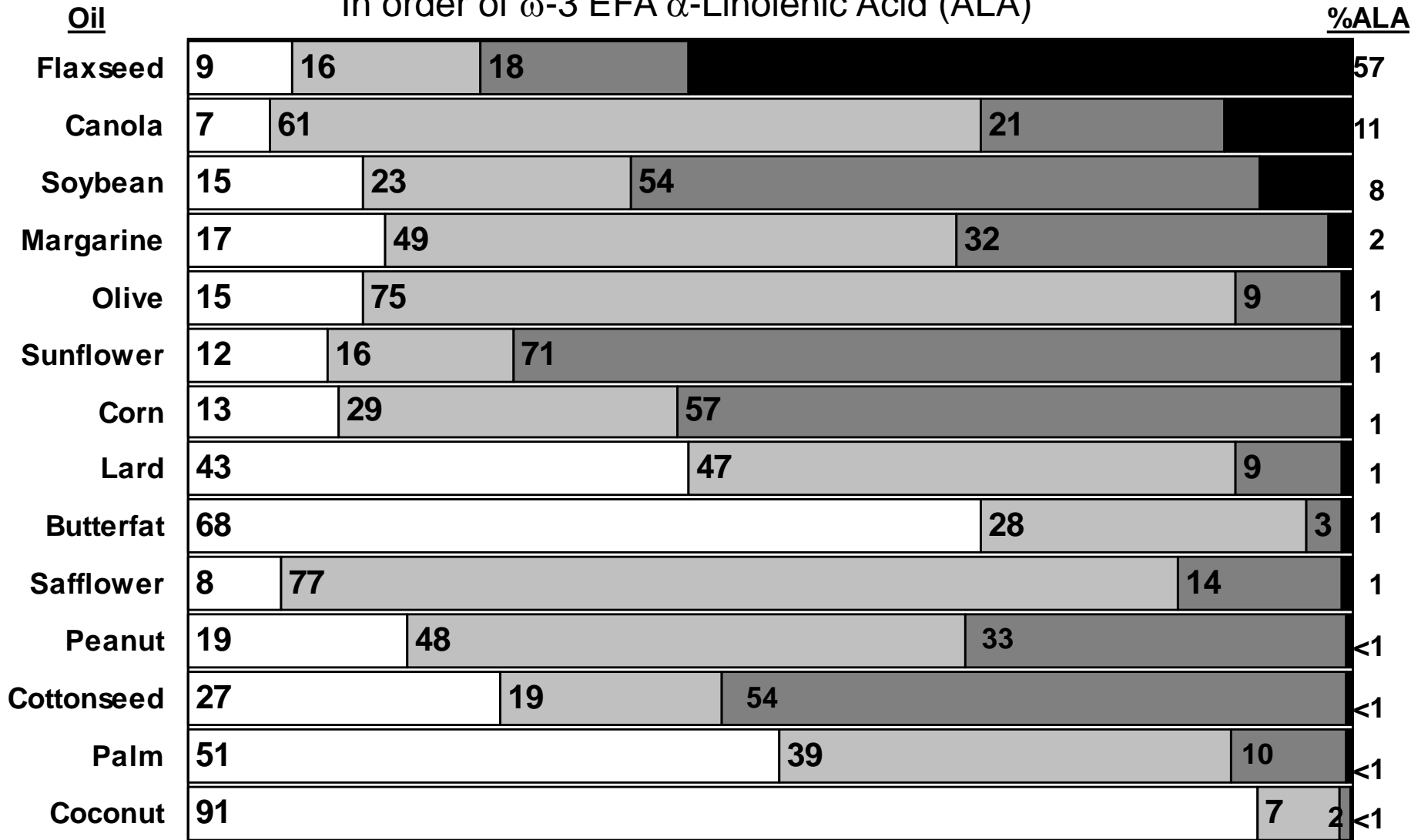


% Fatty Acids in Cooking Oils

In order of ω -3 EFA α -Linolenic Acid (ALA)



Saturated
 Monounsaturated
 (omega6)LA
 (omega3)ALA