

TABLE 1

Estimated fatty acid composition of food commodities by category¹

Commodities ²	n-6 Fatty acids		n-3 Fatty acids			
	LA (18:2n-6)	AA (20:4n-6)	LNA (18:3n-3)	EPA (20:5n-3)	DPA (22:5n-3)	DHA (22:6n-3)
	mg/100 g		mg/100 g			
Poultry meats ³	1443	98	73	5	18	25
Chicken, with skin (05006) ^{4,5}	2880	80	140	10	10	30
Chicken, without skin (05011) ⁴	550	80	20	10	20	30
Turkey with skin (05165) ⁴	1700	110	110	0	20	20
Turkey, without skin (05167) ⁴	640	120	20	0	20	20
Pig meats ³	831	68	53	3	7	2
Pork loin, without fat ⁴	262	53	12	3	7	2
Pork loin, without fat (10040) ⁴	440	60	20	NA	NA	NA
Pork, with fat (10187) ⁴	1310	80	90	NA	NA	NA
Eggs ³	1272	156	31	0	6	44
Bovine meats ³	277	24	105	5	8	4
Beef rib eye ⁴	178	46	10	5	12	2
Beef rib eye (13098) ⁴	240	20	10	NA	NA	NA
Beef sirloin ⁴	94	9	20	5	15	10
Beef Swiss steak ⁴	182	18	61	9	0	8
Nelore <i>longissimus dorsi</i> ⁴	115	11	15	3	9	2
Canchim <i>longissimus dorsi</i> ⁴	101	9	13	4	5	2
Beefalo <i>longissimus dorsi</i> ⁴	98	9	16	3	6	2
Beef, with fat (13795) ⁴	410	30	190	NA	NA	NA
Goat and mutton ³	460	64	178	5	19	21
Lamb loin chop ⁴	369	84	54	5	7	10
Lamb steak leg ⁴	202	12	126	14	68	84
Lamb raw feet ⁴	198	66	27	0	6	9
Lamb, Australian (17280) ⁴	422	69	202	NA	NA	NA
Lamb, New Zealand (17062) ⁴	550	10	420	NA	NA	NA
Lamb, domestic (17226) ⁴	1090	70	330	NA	NA	NA
Goat shoulder ⁴	337	109	44	9	10	5
Goat leg ⁴	262	65	49	0	11	9
Goat (17168) ⁴	100	60	20	NA	NA	NA
Freshwater fish ³	295	104	93	245	56	461
Trout, rainbow (15240) ⁴	710	25	58	260	0	668
Bass, freshwater (15003) ⁴	87	144	111	238	84	357
Demersal fish ³	19	89	37	82	70	199
Flatfish, flounder and sole (15028) ⁴	8	38	8	93	46	106
Halibut (15036) ⁴	30	139	65	71	94	292
Pelagic fish ³	60	90	74	185	111	619
Tuna, bluefin (15117) ⁴	53	43	0	283	125	890
Salmon, Atlantic (15076) ⁴	172	267	295	321	287	1115
Cod, Atlantic (15015) ⁴	5	22	1	64	10	120
Pollock, Atlantic (15065) ⁴	9	26	0	71	22	350
Crustaceans, shrimp (15149) ³	28	87	14	258	46	222
Mollusks, mussel (15164) ³	18	70	20	188	22	253
Marine fish, other ³	31	84	36	178	62	323
Coconut vegetable oil (04047) ³	1800	0	0	0	0	0
Cottonseed vegetable oil (04502) ³	51 500	100	200	0	0	0
Groundnut oil ³	32 000	0	0	0	0	0
Maize germ oil ³	58 000	0	700	0	0	0
Olive oil ³	7900	0	600	0	0	0
Palm kernel vegetable oil (04513) ³	1600	0	0	0	0	0
Palm vegetable oil (04055) ³	9100	0	200	0	0	0
Canola oil (04582) ³	20 300	0	9300	0	0	0
Rice bran vegetable oil (04037) ³	33 400	0	1600	0	0	0
Sesame oil (04058) ³	41 300	0	300	0	0	0
Soybean oil (04044) ³	51 000	0	6800	0	0	0
Sunflower vegetable oil (04506) ³	65 700	0	0	0	0	0

¹ NA, not available.² Estimations of the n-3 and n-6 fatty acid content of commodities were derived by averaging representative food sources from published food-composition tables.³ Summary estimated n-3 LCFA compositions.⁴ Domestic supply food categories and representative food sources.⁵ Entries retrieved from the US Department of Agriculture National Nutrient Database for Standard Reference, Release 17, are followed by a 5-digit NDB number in parentheses. All entries were obtained from this database unless otherwise noted in Materials and Methods. Data were not adjusted for country-specific differences in nutrient compositions of foods.