

Village Health Clinic

#105 - 15153 Highway 10, Surrey
 T: 604.575.7275 F: 604.574.7290
 www.villagehealthclinic.ca

FATTY ACID COMPOSITION OF FOODS

(concentration of fatty acids expressed in % by weight of total fatty acid content)

	oleic acid	Linoleic acid	Arachidonic acid	alpha-linolenic acid	eicos-penta-enoic a	docosa-hexa-enoic a	saturated fats	cholesterol (in mgs per 3 oz.)	
Atlantic cod	4.0	1.2	-	0.8	12.4	21.9	36	47	
Pacific Halibut		25.7	0.9	-	0.3	1.0	7.9	19	35
Lake Herring (fresh)	18.1	4.3	-	3.4	5.9	13.3	25	54	
Pacific Herring		16.9	1.6	-	0.6	8.6	7.6	26	81
Mackerel	19.3	1.1	-	1.3	7.1	10.8	34	62	
Ocean perch	22.0	9.5	-	0.6	9.3	12.0	18	53	
Chinook Salmon	29.1	4.3	-	3.4	8.2	5.9	21	54	
Chum Salmon		21.4	2.0	-	1.0	6.7	16.1	20	54
Coho Salmon		18.6	1.2	-	0.6	12.0	13.8	15	42
Pink Salmon	17.6	1.6	-	1.1	13.5	18.9	15	44	
Tuna, can in water	17.0	2.0	-	2.0	8.0	21.0	27	35	
Rainbow Trout (fresh)		19.8	4.6	-	5.2	5.0	19.0	15	45
Shellfish									
Blue Crab	17.6	1.9	-	1.2	13.4	11.0	19	78	
Littleneck Clam		10.8	1.4	-	1.6	10.0	14.5	28	57
Shrimp		10.0	2.0	-	1.0	16.0	13.0	-	166
Pacific Oysters		8.5	1.2	-	1.6	21.5	20.2	25	93
Sea Scallops	5.2	0.6	-	0.3	21.3	26.2	26	28	
Shark	16	0.3	5.0	-	10*	10*	-	-	
Oils									
	oleic	linoleic		linolenic	EPA	DHA	saturated	cholesterol	
Butter	25	2.0	-	1.0	0.0	0.0	70*	-	
Flax Seed	17	15	-	55.0	-	-	13	-	
Cod liver	23	2.0	0.7	1.0	9.5	9.5	19	-	
Safflower	12.5	79	-	0.5	-	-	8	-	
Corn	29	54	-	1	-	-	17	-	
Cottonseed	24	50	-	0.4	-	-	26	-	
Sesame	46	41	-	-	-	-	13	-	
Sunflower	26	66	-	0.3	-	-	8	-	
Olive oil	82	10	-	0.7	-	-	8	-	
Soybean	28	58	-	7.0	-	-	14	-	
Peanut		51	29	2.2	1.0	-	-	19	-
Canola		54	27	-	6.2	3.8	3.5	6	-
English walnut		23	55	-	11.0	-	-	11	-
Other Foods									
Cow milk fat	35	2	-	1	-	-	62	-	
Human milk fat		42	7	-	0.7	0.6	0.3	50	8 oz=32

Village Health Clinic

#105 - 15153 Highway 10, Surrey
T: 604.575.7275 F: 604.574.7290
www.villagehealthclinic.ca

Chicken fat	49	17	-	1.0	-	-	33	-
Egg yolk	36	11	-	0.2	-	-	53	1m=222
Coconut oil	10	2	-	-	-	-	88	-
Palm oil	43	9	-	0.3	-	-	48	-
Beef, lean	44	4	-	-	-	-	39	81
Chicken, white		35	19	-	4	-	-	29 73
Lard	53	10	-	1.0	-	-	36	1T=15

(from Gruger et al. Fatty acid composition of Oils from 21 species of marine fish, freshwater fish and shellfish. J Am Oil Chemists society vol 41 Oct '64 . & USDA Handbook, Washington, D.C. Govt Print Office, 1987 #8-15)