## Sources of Essential Fatty Acids

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Weight (g)</th>
<th>Total fat (g long chain)</th>
<th>Linoleic acid (mg)</th>
<th>Linolenic acid (mg)</th>
<th>Kcals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flax oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>114</td>
<td>480</td>
<td>8</td>
</tr>
<tr>
<td>Canola oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>183</td>
<td>84</td>
<td>8</td>
</tr>
<tr>
<td>Walnut oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>476</td>
<td>94</td>
<td>8</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>672</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Corn oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>482</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>Soy oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>459</td>
<td>61</td>
<td>8</td>
</tr>
<tr>
<td>Sesame Oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>372</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Peanut Oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>0.9</td>
<td>288</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>MCT oil</td>
<td>1 ml</td>
<td>0.9</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>7.7</td>
</tr>
<tr>
<td>Margarine (soybean based)</td>
<td>1 tsp</td>
<td>4.7</td>
<td>3.78</td>
<td>1142</td>
<td>89</td>
<td>34</td>
</tr>
<tr>
<td>Mayonnaise (soybean based)</td>
<td>1 tsp</td>
<td>5</td>
<td>3.7</td>
<td>1700</td>
<td>193</td>
<td>44</td>
</tr>
<tr>
<td>Salad Dressing (oil based)</td>
<td>1 tsp</td>
<td>5</td>
<td>2.7</td>
<td>≈1200</td>
<td>75</td>
<td>24</td>
</tr>
</tbody>
</table>

1Data from http://www.nal.usda.gov/fnic/foodcomp/search/
2Linseed oil is also called flax oil and is available at health food stores
3Oil-based salad dressings include French and Italian dressings