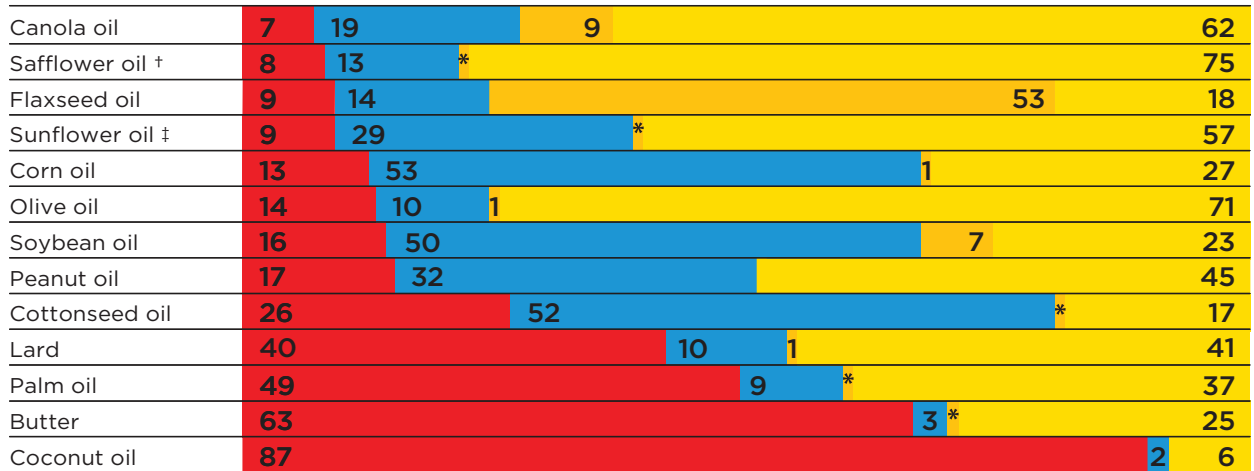


Comparison of Dietary Fats

Dietary Fat



SOURCES: CANADIAN NUTRIENT FILE AND USDA NATIONAL NUTRIENT DATABASE. ACCESSED MAY 2016

Saturated Fat

Polyunsaturated Fat

Monounsaturated Fat



linoleic acid
(an omega-6 essential fatty acid)

alpha-linolenic acid
(an omega-3 essential fatty acid)

oleic acid
(an omega-9 fatty acid)

† High Oleic ‡ Mid Oleic * Trace

Fatty acid content normalized to 100%