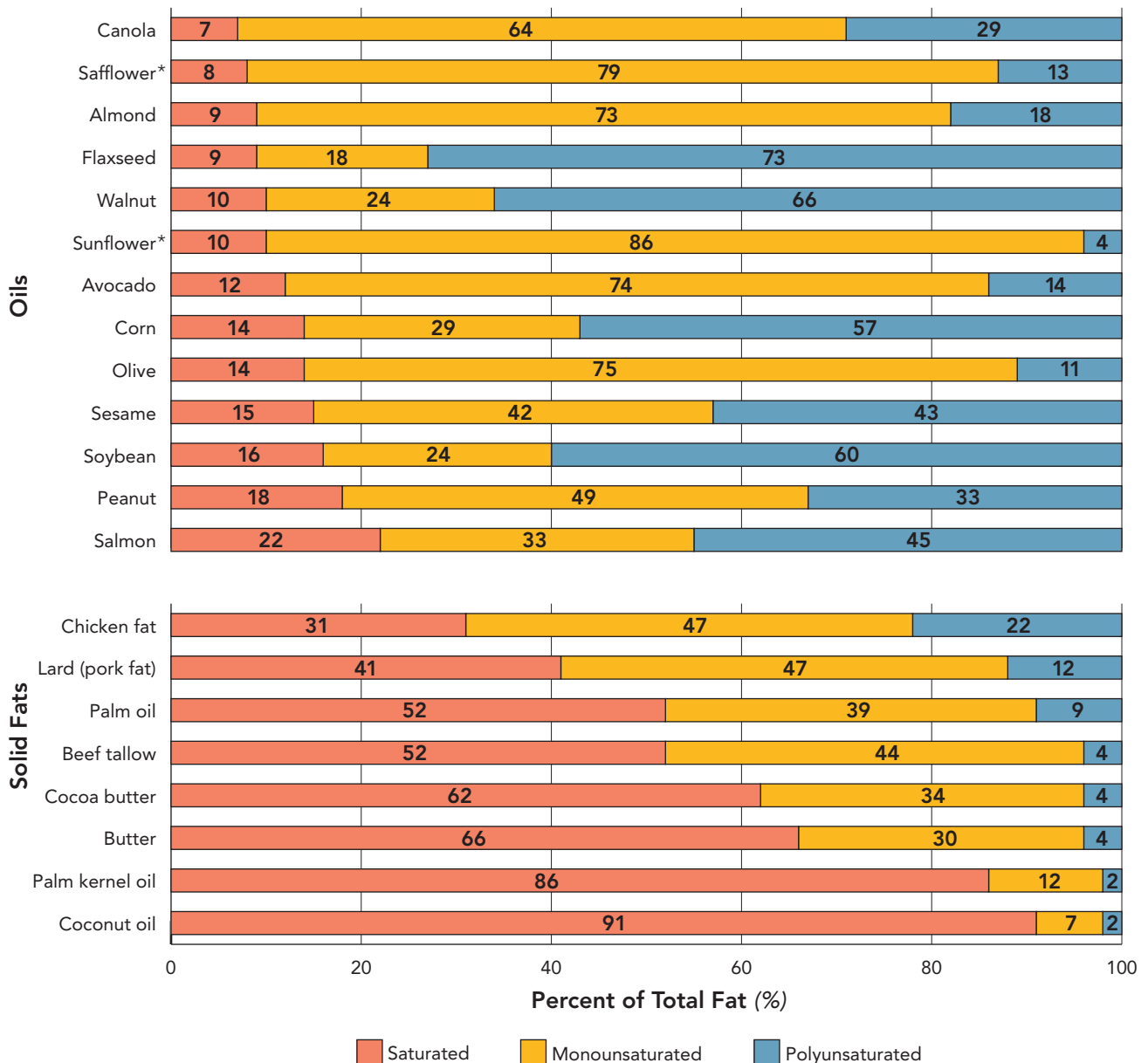


# OIL in the FAMILY

All fats are a mix of saturated, monounsaturated, and polyunsaturated fatty acids (though people usually categorize each by the fatty acid that predominates). Odds are, you get mostly soybean oil in prepared foods (like salad dressings, mayonnaise, and margarine) and restaurant foods. So you'll probably end up with a good mix of unsaturated fats if you use canola oil and olive oil (when you want its flavor) for cooking. 🍷



\* Sunflower seeds are higher in polyunsaturated fat and lower in monounsaturated fat than most sunflower oils. Some health food stores sell high-poly sunflower or safflower oils.

Note: The fatty acids in meats, nuts, chocolate, and other foods are similar to their respective oils, butters, etc., shown above.

Sources: USDA National Nutrient Database for Standard Reference (Release 28), National Sunflower Association, Flax Council of Canada.