

Oils Comparison Chart

Cooking Oils	Health [% fat]				Taste	Performance	Application
	Mono	Trans	Sat	Poly	[Description]	[Fry life...]	[Uses]
Canola							
Omega-9 Canola							
Corn							
Cottonseed							
Olive							
Palm							
Peanut							
Ph Soy							
Soybean							
Sunflower							
Omega-9 Sunflower							

Note: the Oil Profile Chart for Value Calculator and Fatty Acid Profile (PPT slide) amounts vary somewhat for these oils. Example: the Oil Profile Chart for Value Calculator shows that Soybean has 9% saturated fat as opposed to 15%.

*Fry life is highly variable and depends upon food being fried and operation of the frying equipment.

**Smoke Point of similar oils is dependent on free fatty acids present in the oil.