



Comparison Chart

	Apricot Kernel	Black Currant	Borage	Camellia Seed	Canola	Corn	Evening Primrose	Flaxseed	Grape Seed	Hazelnut	Hemp Seed	Olive	Peanut	Perilla Seed	Pumpkin Seed	Safflower	Sesame	Sunflower	Wheat Germ	Walnut
Polyunsaturated Omega -3	0	14%	0	0	11%	1%	0	54%	0	0	20%	0	1%	60%	0	0	0	0	4%	0
Polyunsaturated Omega -6	25%	59%	61%	8%	27%	52%	83%	16%	68%	14%	59%	7%	41%	15%	55%	78%	43%	56%	21%	29%
Total Polyunsaturated (Omega -6 + Omega-3)	25%	73%	61%	8%	38%	53%	83%	70%	68%	14%	79%	7%	42%	75%	55%	78%	43%	56%	25%	29%
Monounsaturated Omega -9	65%	13%	18%	80%	56%	31%	7%	23%	21%	81%	11%	72%	37%	16%	24%	12%	41%	33%	56%	61%
Saturated	8%	10%	15%	12%	6%	16%	9%	7%	11%	5%	9%	21%	21%	9%	19%	9%	16%	9%	19%	10%
Trans-Fatty Acids	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Feasible heat temperature	B	D	D	C	B	B	D	D	A	C	C	C	C	D	C	A	C	A	D	C

A = High Heat Oil: up to 265°C

B = Medium High Heat Oil: up to 220°C

C = Medium Heat Oil: up to 180°C

D= No Direct Heat Oil: no heat

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