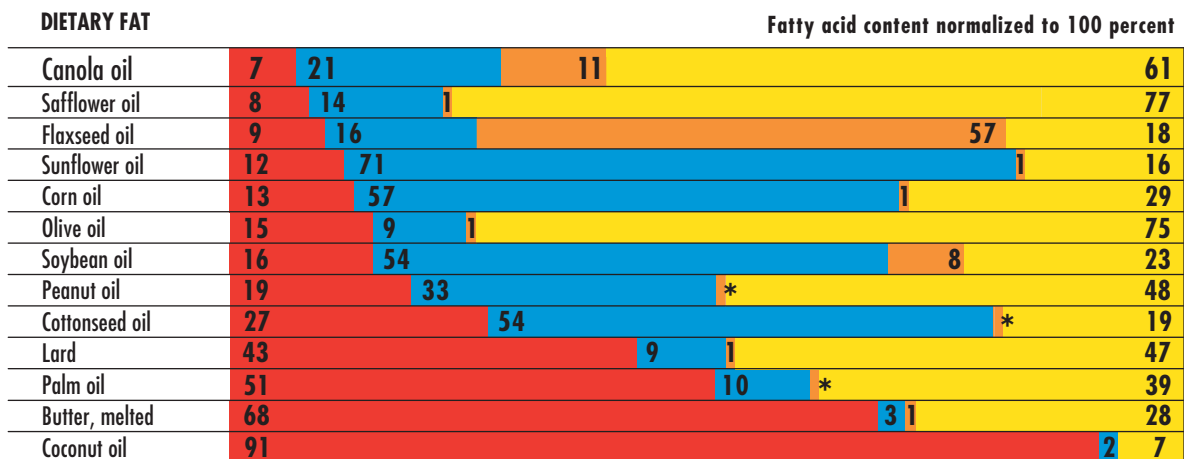


# Comparison of Dietary Fats



**SATURATED FAT**



**POLYUNSATURATED FAT**



Linoleic Acid  
(an Omega-6 Fatty Acid)



Alpha-Linolenic Acid  
(an Omega-3 Fatty Acid)  
\*Trace

**MONOUNSATURATED FAT**



SOURCE: POS PILOT PLANT CORPORATION

**Canola Info**  [canolainfo.org](http://canolainfo.org)