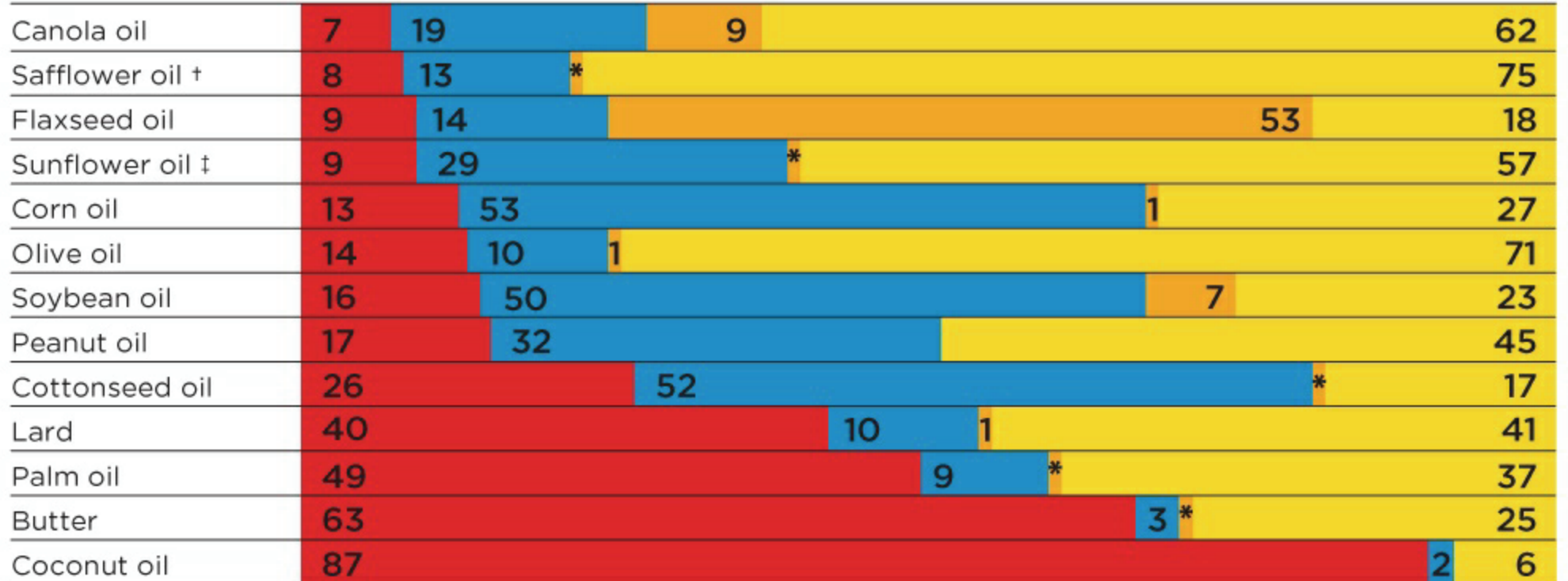


Comparison of Dietary Fats

Dietary Fat



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



† High Oleic ‡ Mid Oleic * Trace

Fatty acid content expressed as g/100g fat