

# Fats in Your Kitchen

The more you can reduce your consumption of corn, soybean and other vegetable oils that are high in omega-6s, the better. The lower the ratio of omega-6 to omega-3, the better. While soybean oil has a more desirable ratio than olive oil and lard, soybean oil has five times more omega-6 than olive oil or lard. (Values are per 100-gram sample, about 3½ ounces.)

Product	Omega-6	Omega-3	Ratio
<b>Butter</b> (industrial)	2,730 mg	315 mg	8.5 to 1
<b>Butter</b> (pastured)	1,800 mg	1,200 mg	1.5 to 1
<b>Lard</b>	10,200 mg	1,000 mg	10 to 1
<b>Olive oil</b>	9,765 mg	760 mg	13 to 1
<b>Flaxseed oil</b>	12,700 mg	53,305 mg	.25 to 1
<b>Camelina oil</b>	21,430 mg	35,715 mg	.5 to 1
<b>Soybean oil</b>	50,420 mg	6,790 mg	7.5 to 1
<b>Corn oil</b>	53,510 mg	1,160 mg	46 to 1
<b>Canola oil</b>	18,760 mg	7,635 mg	2.5 to 1
<b>Sunflower oil</b>	28,925 mg	40 mg	723 to 1
<b>Grapeseed oil</b>	69,590 mg	100 mg	696 to 1
<b>Coconut oil</b>	1,800 mg	19 mg	1,900 to 1

*Data from USDA and various other sources. Values are rounded.*