

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

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