

TYPES OF FATS



OLIVE OIL

in 8 g [1 tablespoon]

Energy: 70,7 kcal

Total fat: 8 g

Saturated fat: 1,1 g

Unsaturated fat: 6,6 g

Plant origin



SOYBEAN OIL

in 8 g [1 tablespoon]

Energy: 70,7 kcal

Total fat: 8 g

Saturated fat: 1,2 g

Unsaturated fat: 6,4g

Plant origin



CORN OIL

in 8 g [1 tablespoon]

Energy: 72 kcal

Total fat: 8 g

Saturated fat: 1 g

Unsaturated fat: 6,6 g

Plant origin



SUNFLOWER OIL

in 8 g [1 tablespoon]

Energy: 70,7 kcal

Total fat: 8 g

Saturated fat: 0,7 g

Unsaturated fat: 6,9 g

Plant origin



CANOLA OIL

in 8 g [1 tablespoon]

Energy: 71 kcal

Total fat: 8 g

Saturated fat: 0,6 g

Unsaturated fat: 7 g

Plant origin



COCONUT OIL

in 8 g [½ tablespoon]

Energy: 71 kcal

Total fat: 8 g

Saturated fat: 6,9 g

Unsaturated fat: 0,6 g

Plant origin



PALM OIL

in 8 g [1 tablespoon]

Energy: 70,7 kcal

Total fat: 8 g

Saturated fat: 3,9 g

Unsaturated fat: 3,6 g

Plant origin



MARGARINE

in 10 g [1 tablespoon]

Energy: 53,7 kcal

Total fat: 6 g

Saturated fat: 1 g

Unsaturated fat: 4,7 g

Plant origin



BUTTER

in 8 g [1 teaspoon]

Energy: 57 kcal

Total fat: 6,5 g

Saturated fat: 4,1 g

Unsaturated fat: 1,9 g

Animal origin



PORK LARD

in 8 g [1 teaspoon]

Energy: 71 kcal

Total fat: 8 g

Saturated fat: 3,1 g

Unsaturated fat: 4,5 g

Animal origin