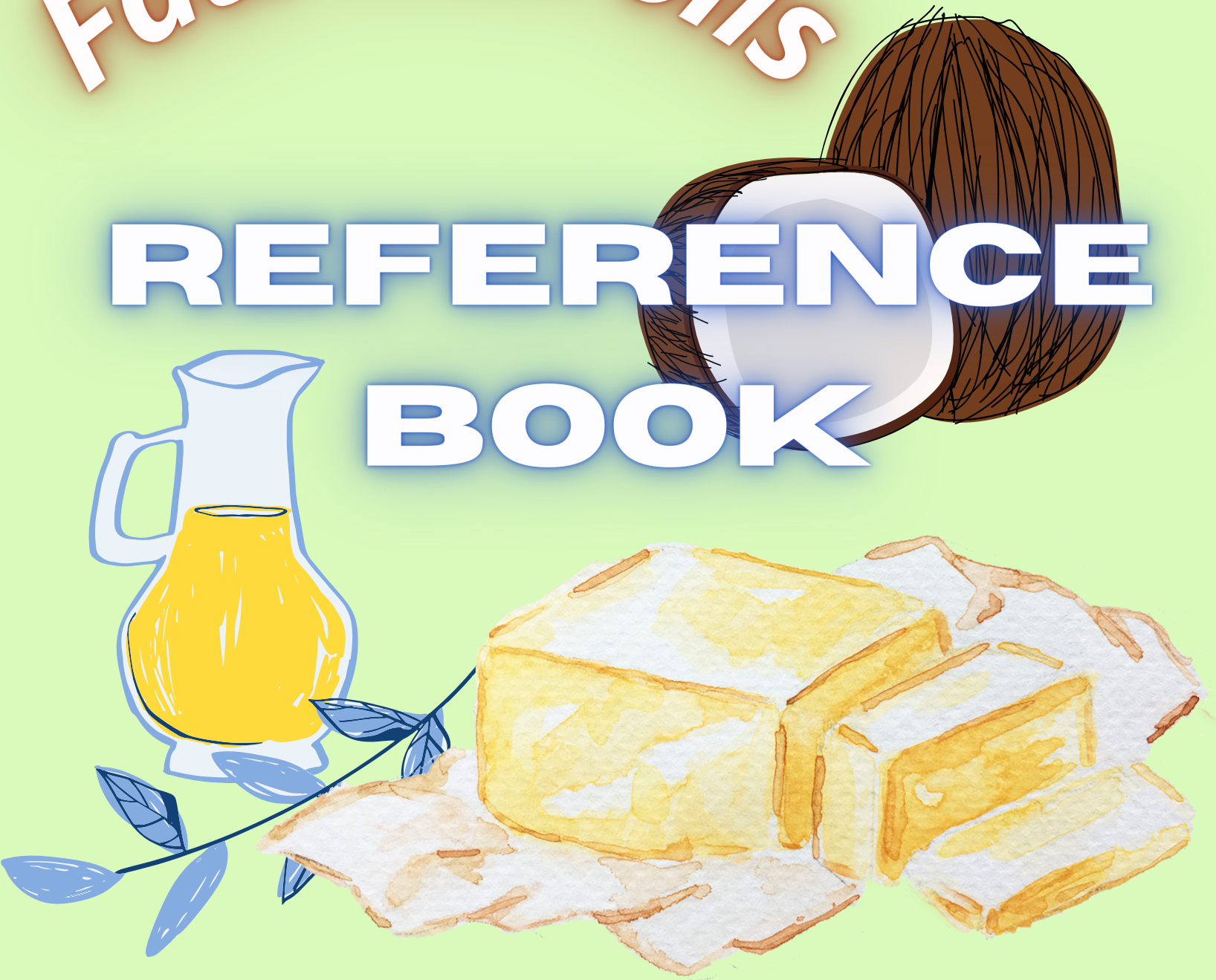


*Fats and oils*

**REFERENCE  
BOOK**



<https://fishybusiness.site/>

Youri Kruse

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purposes only.**

**All this information  
may be used for non-  
commercial use only**

**For more  
information, see  
www.  
fishybusiness.site**

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<b>Borage seed oil</b>	<b>10</b>
<b>Palm oil</b>	<b>11</b>
<b>Canola oil</b>	<b>12</b>
<b>Corn oil</b>	<b>13</b>
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<b>Olive oil</b>	<b>18</b>
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# fatty acids index

Saturated fats	Fat length	Omega	Unsaturated fats name	Fat length
Propionic acid	C3:0	Omega 3	(Alpha)-Linolenic acid	C18:3
Butyric acid	C4:0	Omega 3	Stearidonic acid	C18:4
Valeric acid	C5:0	Omega 3	Eicosapentaenoic acid	C20:5
Caproic acid	C6:0	Omega 3	Docosahexaenoic acid	C22:6
Enanthic acid	C7:0			
Caprylic acid	C8:0	Omega 6	Linoleic acid	C18:2
Pelargonic acid	C9:0	Omega 6	gamma-Linolenic acid	C18:3
Capric acid	C10:0	Omega 6	Dihomo-γ-linolenic acid	C20:3
Undecylic acid	C11:0	Omega 6	Arachidonic acid	C20:4
Lauric acid	C12:0	Omega 6	Docosatetraenoic acid	C22:4
Tridecylic acid	C13:0	Omega 7	Palmitoleic acid	C16:1
Myristic acid	C14:0	Omega 7	Vaccenic acid	C18:1
Pentadecylic acid	C15:0	Omega 7	Paullinic acid	C20:1
Palmitic acid	C16:0			
Margaric acid	C17:0	Omega 9	Oleic acid	C18:1
Stearic acid	C18:0	Omega 9	Elaidic acid	C18:1
Nonadecylic acid	C19:0	Omega 9	Gondoic acid	C20:1
Arachidic acid	C20:0	Omega 9	Erucic acid	C22:1
Heneicosylic acid	C21:0	Omega 9	Nervonic acid	C24:1
Behenic acid	C22:0	Omega 9	Mead acid	C20:3
Tricosylic acid	C23:0			
Lignoceric acid	C24:0			

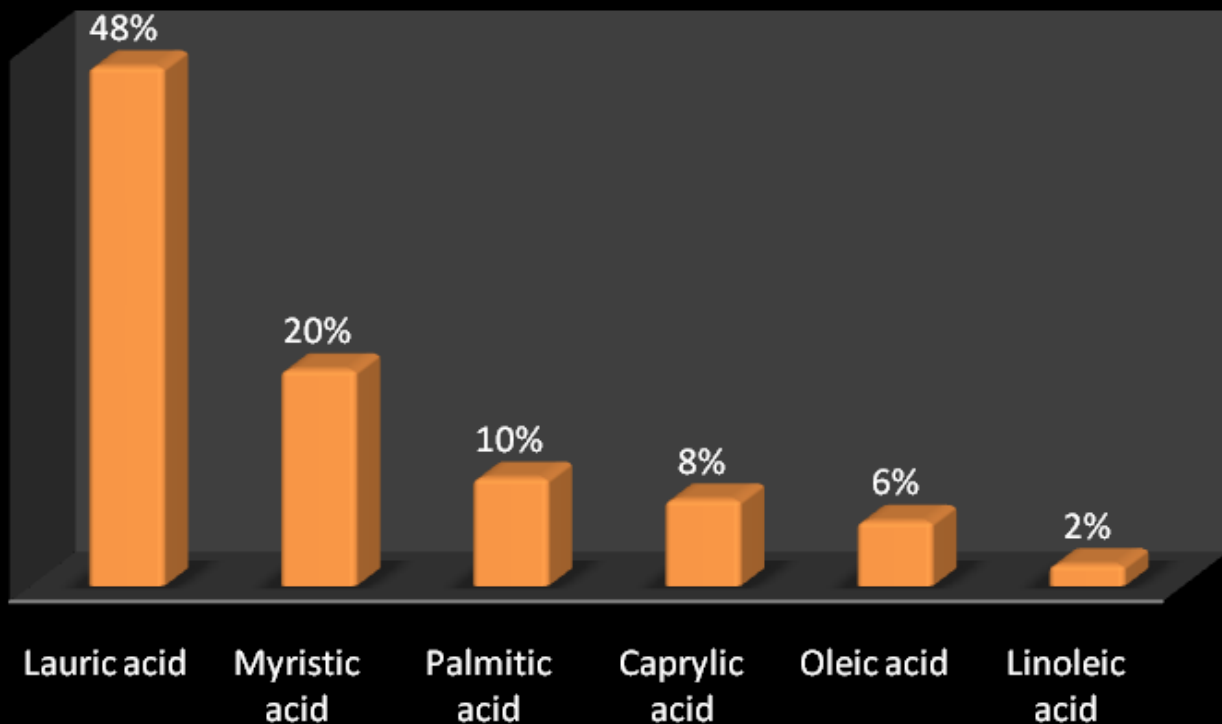
Saturated fats	Fat length
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Butyric acid	C4:0
Valeric acid	C5:0
Caproic acid	C6:0
Enanthic acid	C7:0
Caprylic acid	C8:0
Pelargonic acid	C9:0
Capric acid	C10:0
Undecylic acid	C11:0
Lauric acid	C12:0
Tridecylic acid	C13:0
Myristic acid	C14:0
Pentadecylic acid	C15:0
Palmitic acid	C16:0
Margaric acid	C17:0
Stearic acid	C18:0
Nonadecylic acid	C19:0
Arachidic acid	C20:0
Heneicosylic acid	C21:0
Behenic acid	C22:0
Tricosylic acid	C23:0
Lignoceric acid	C24:0

Omega	Unsaturated fats name	Fat length
Omega 3	(Alpha)-Linolenic acid	C18:3
Omega 3	Stearidonic acid	C18:4
Omega 3	Eicosapentaenoic acid	C20:5
Omega 3	Docosahexaenoic acid	C22:6
Omega 6	Linoleic acid	C18:2
Omega 6	gamma-Linolenic acid	C18:3
Omega 6	Dihomo- $\gamma$ -linolenic acid	C20:3
Omega 6	Arachidonic acid	C20:4
Omega 6	Docosatetraenoic acid	C22:4
Omega 7	Palmitoleic acid	C16:1
Omega 7	Vaccenic acid	C18:1
Omega 7	Paullinic acid	C20:1
Omega 9	Oleic acid	C18:1
Omega 9	Elaidic acid	C18:1
Omega 9	Gondoic acid	C20:1
Omega 9	Erucic acid	C22:1
Omega 9	Nervonic acid	C24:1
Omega 9	Mead acid	C20:3

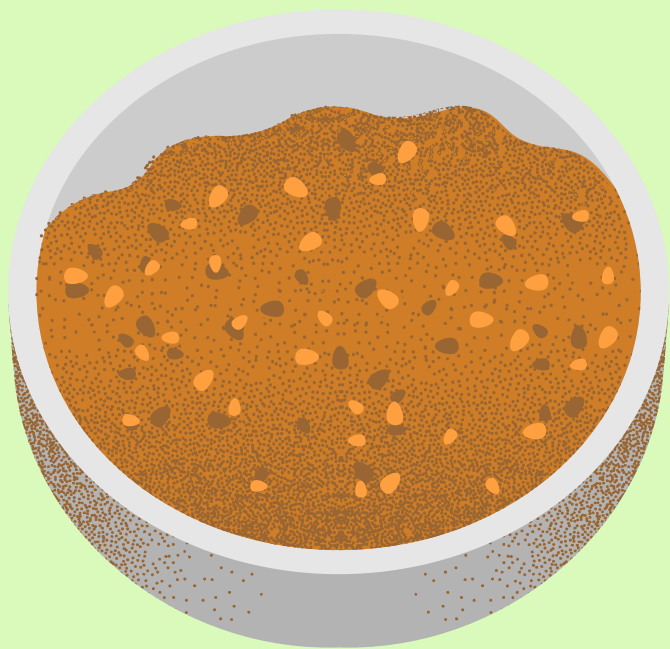
# Coconut oil



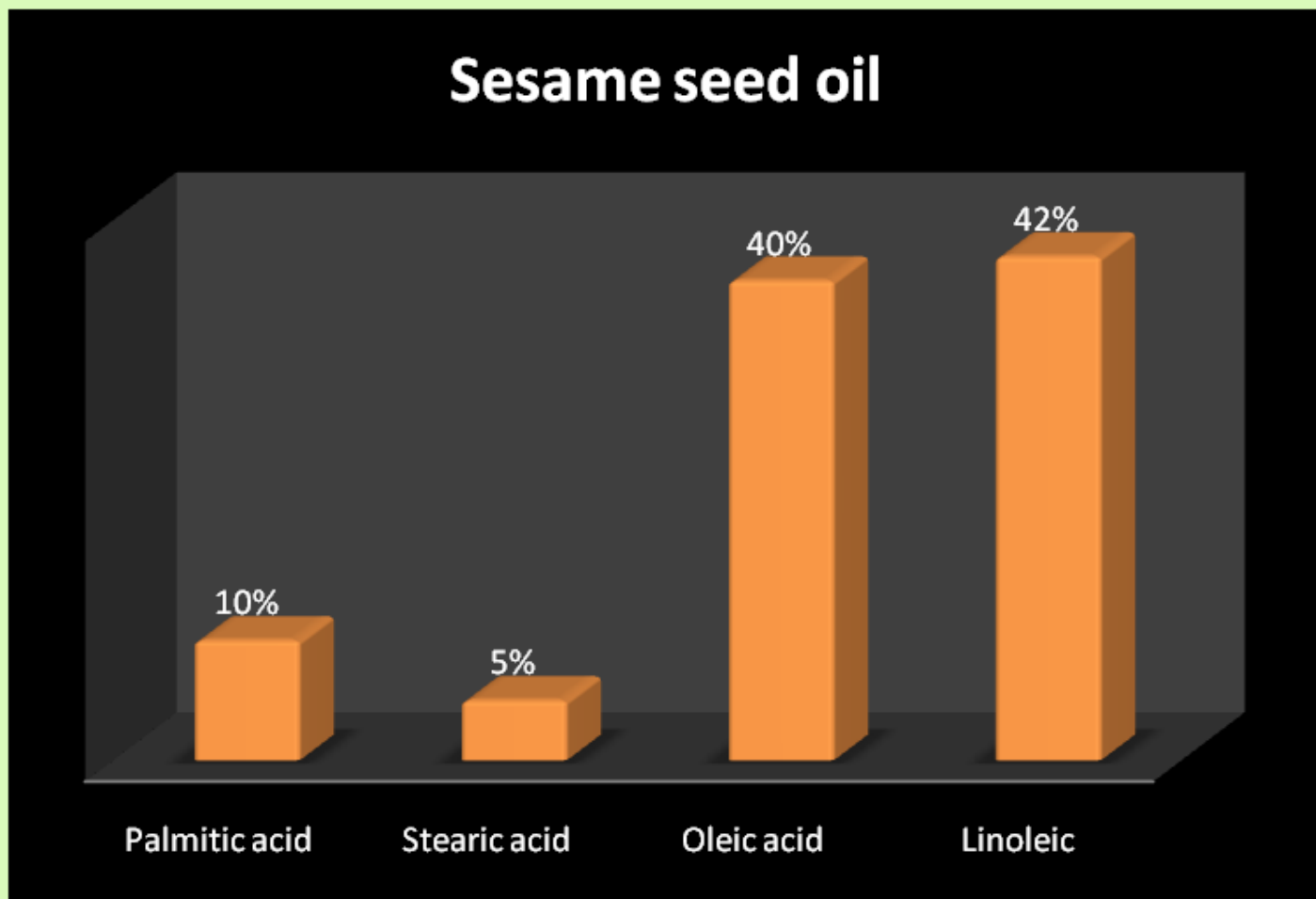
## coconut oil







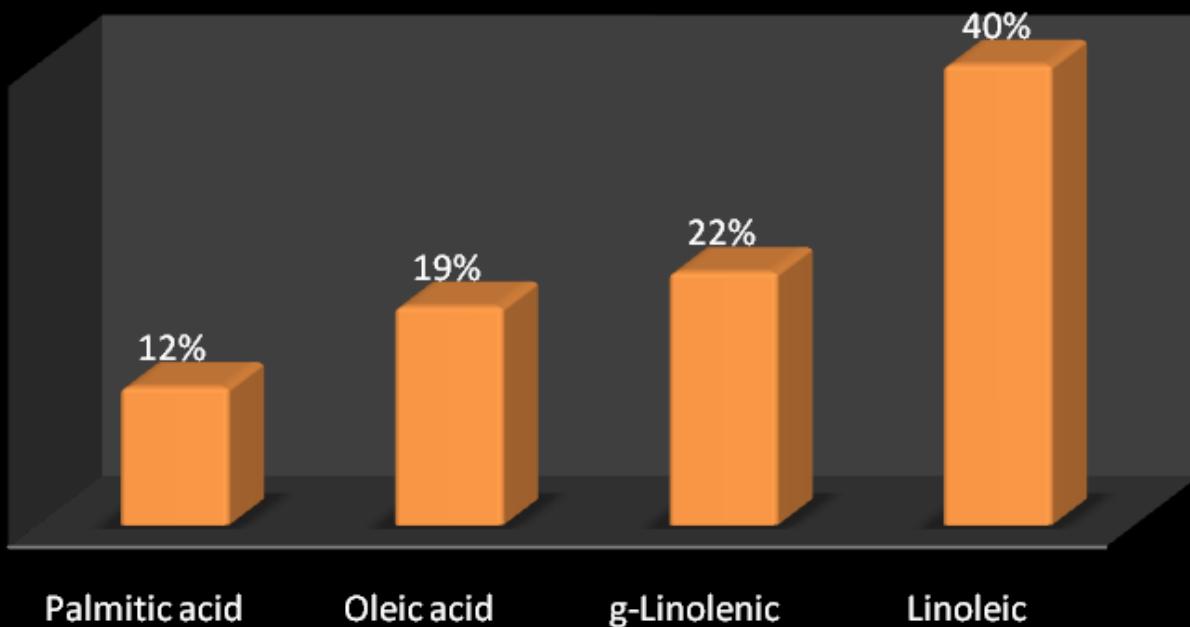
# Sesame seed oil



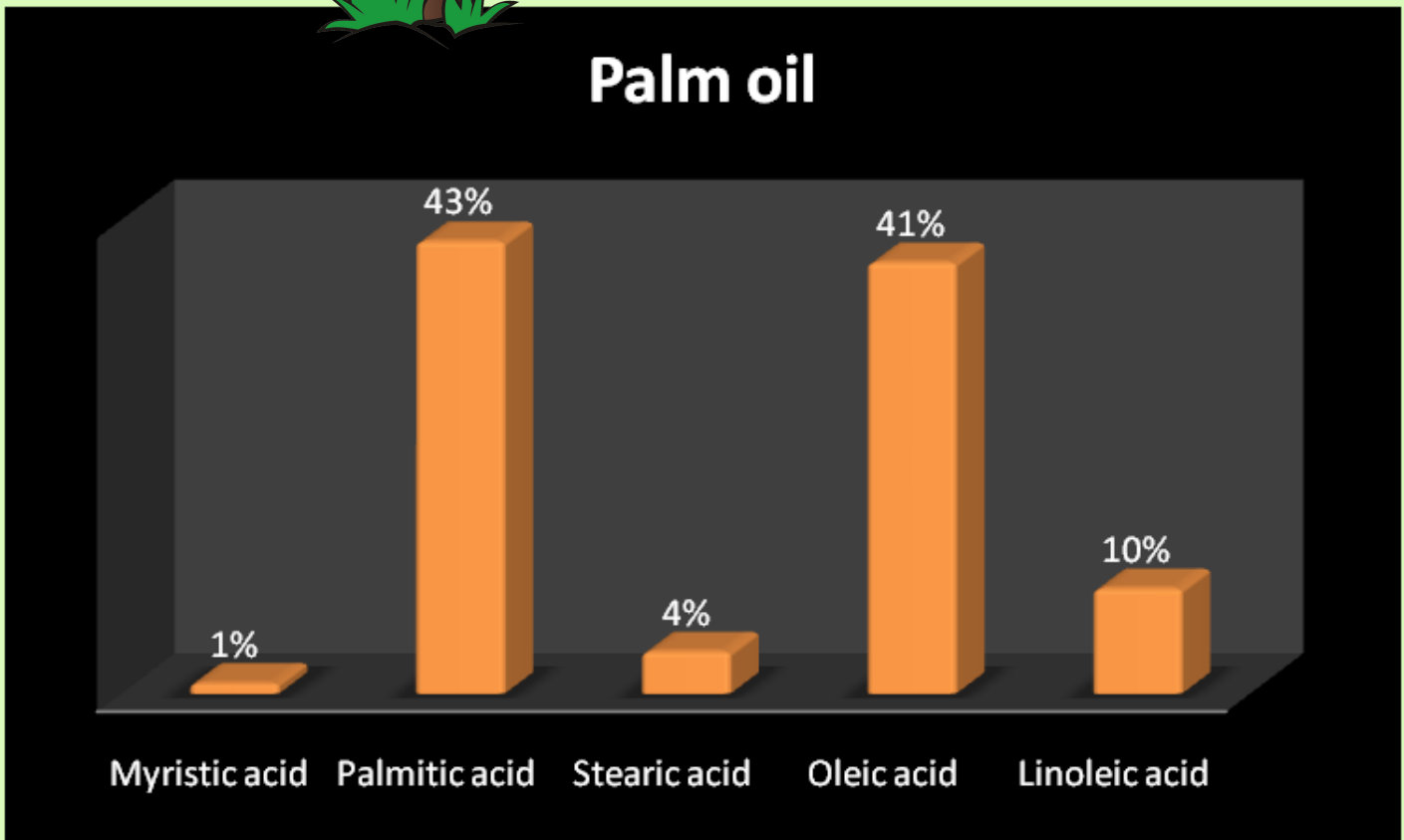
# Borage seed oil



Borage seed oil

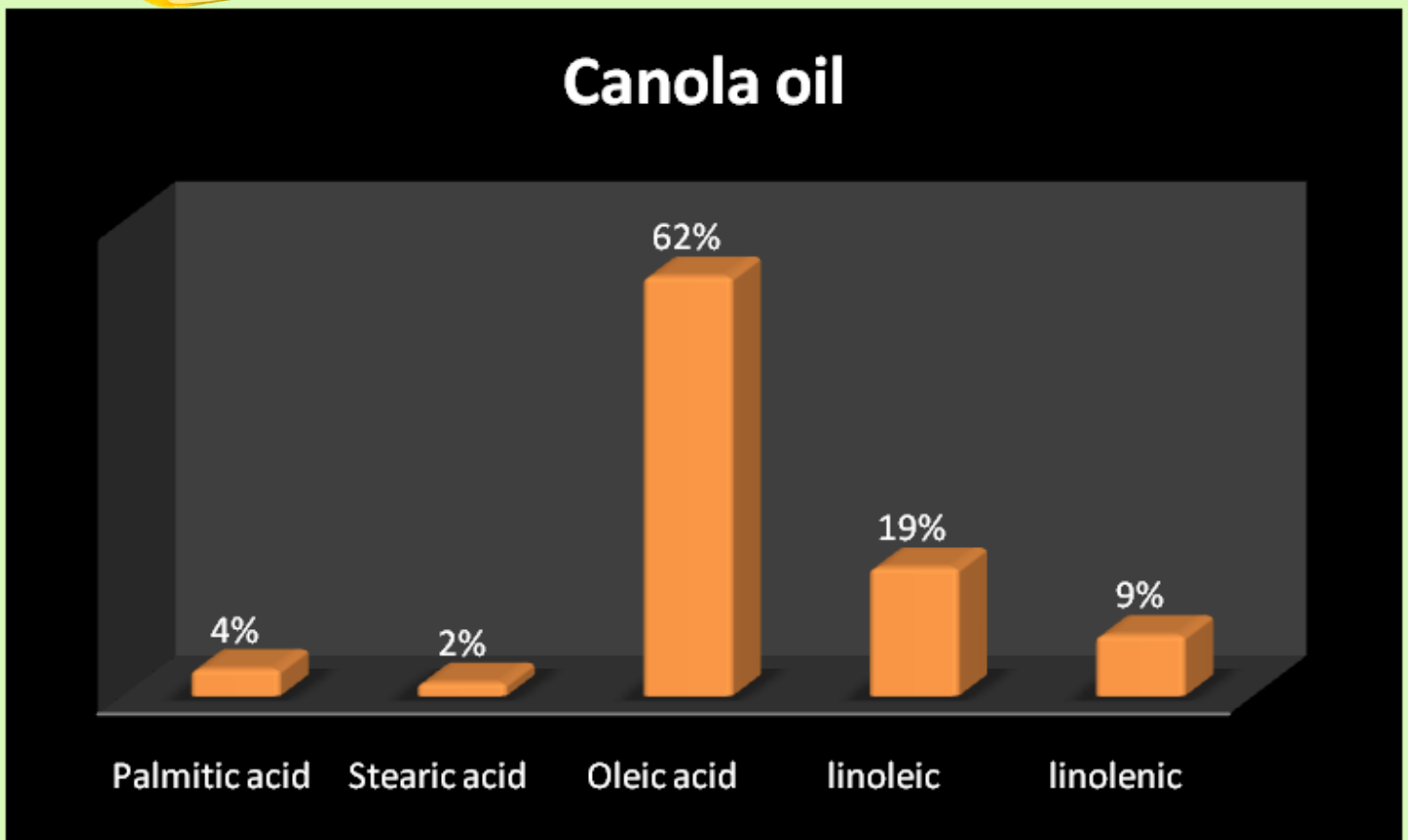


# Palm oil

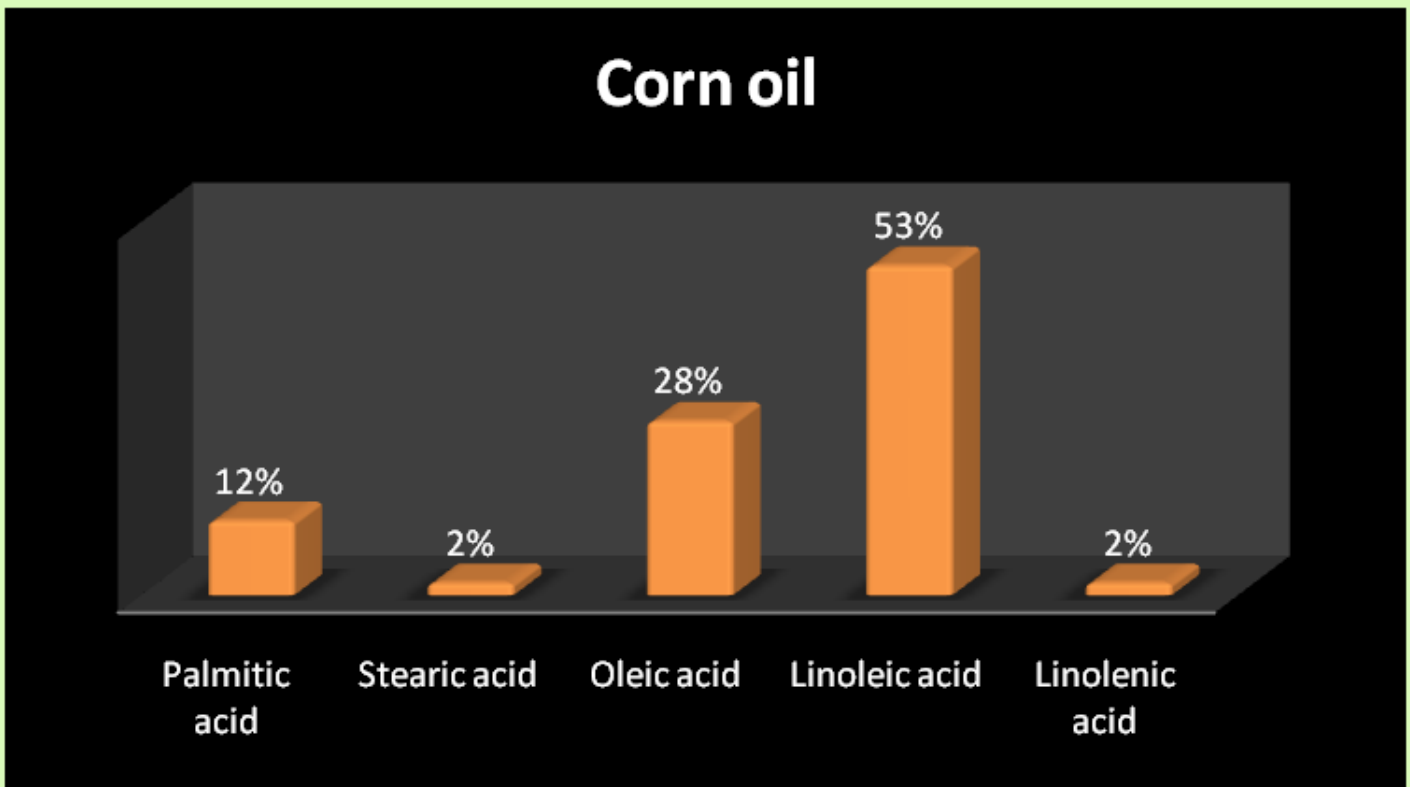




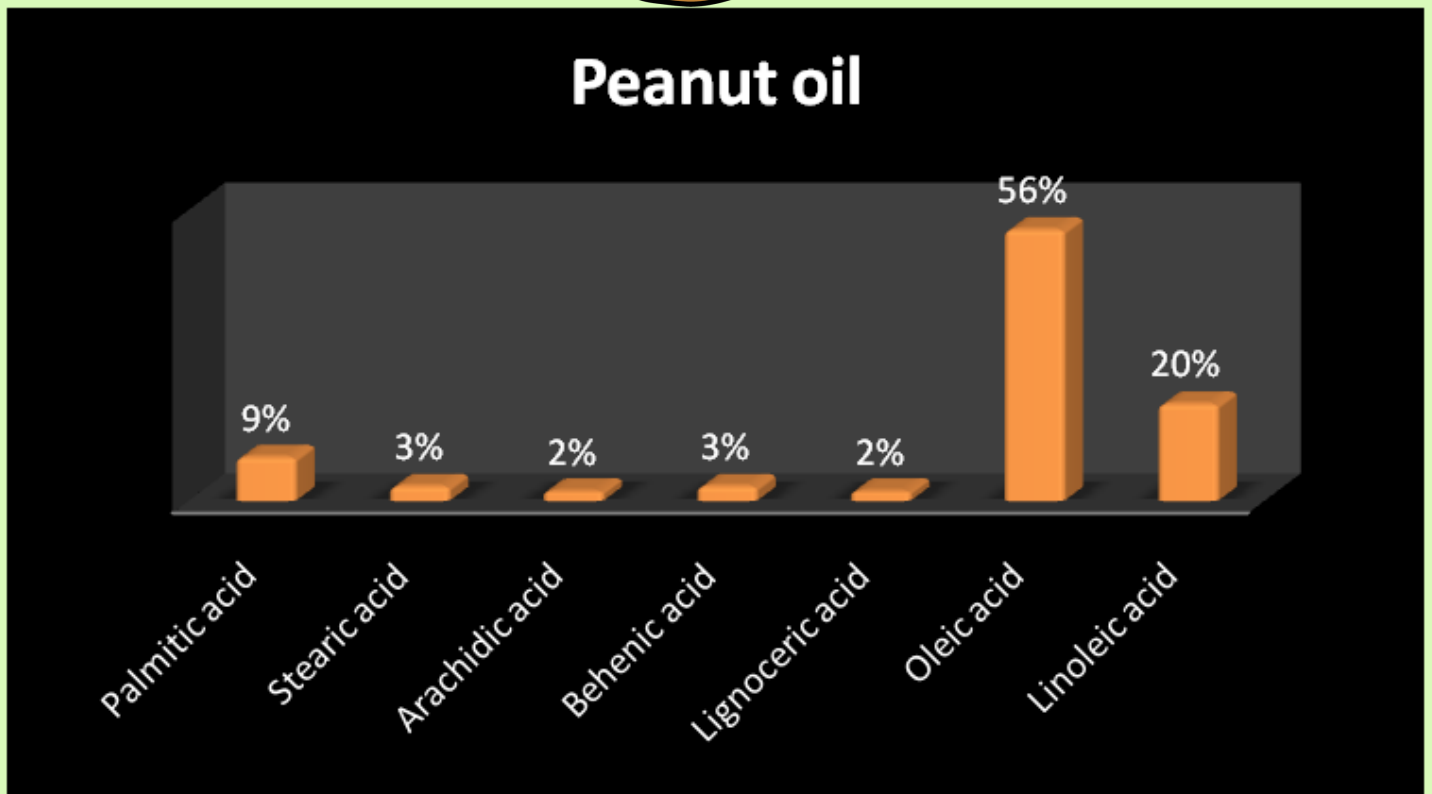
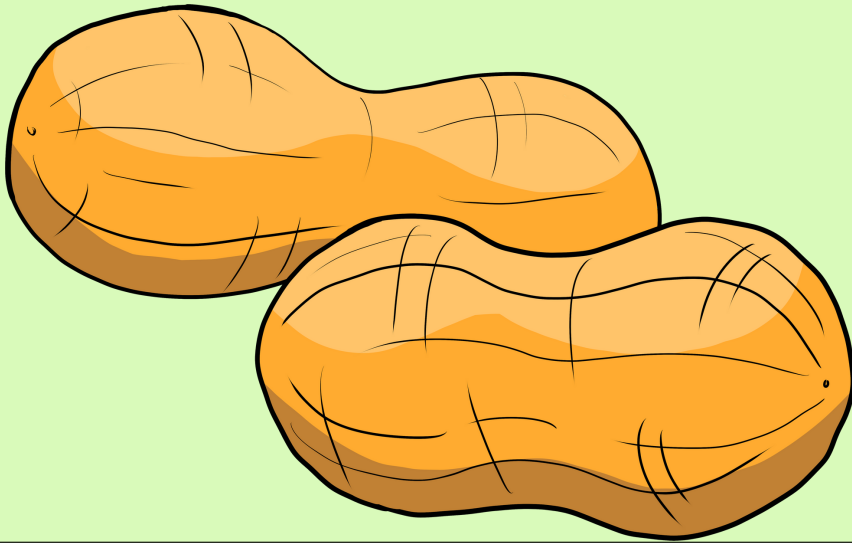
# Canola oil



# Corn oil



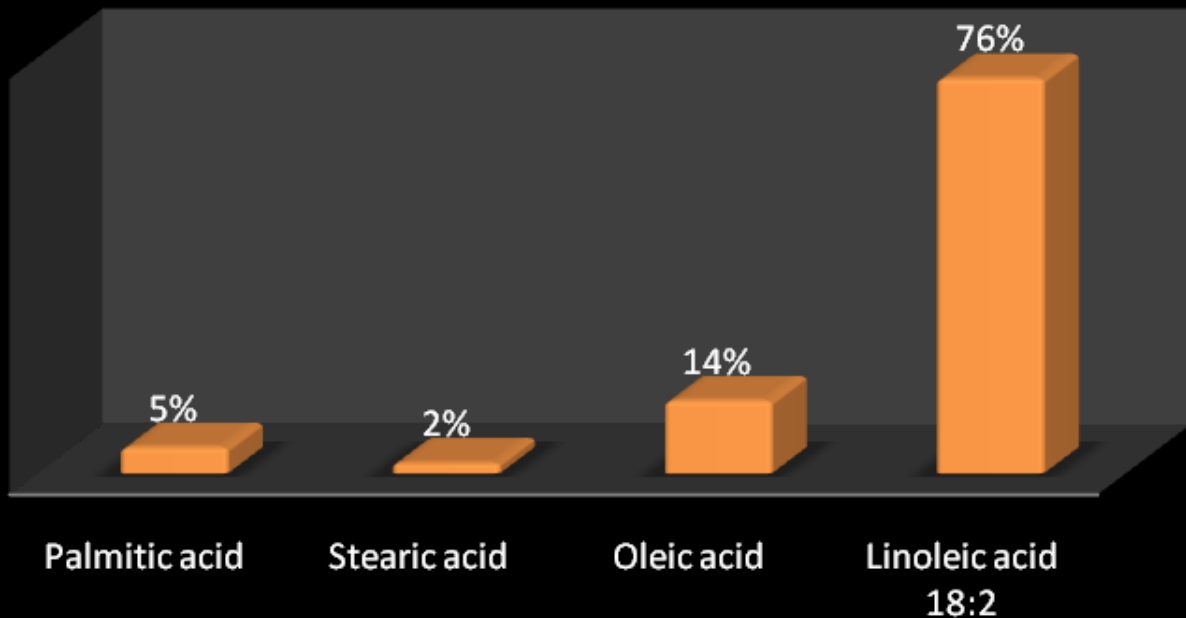
# Peanut oil



# Safflower oil



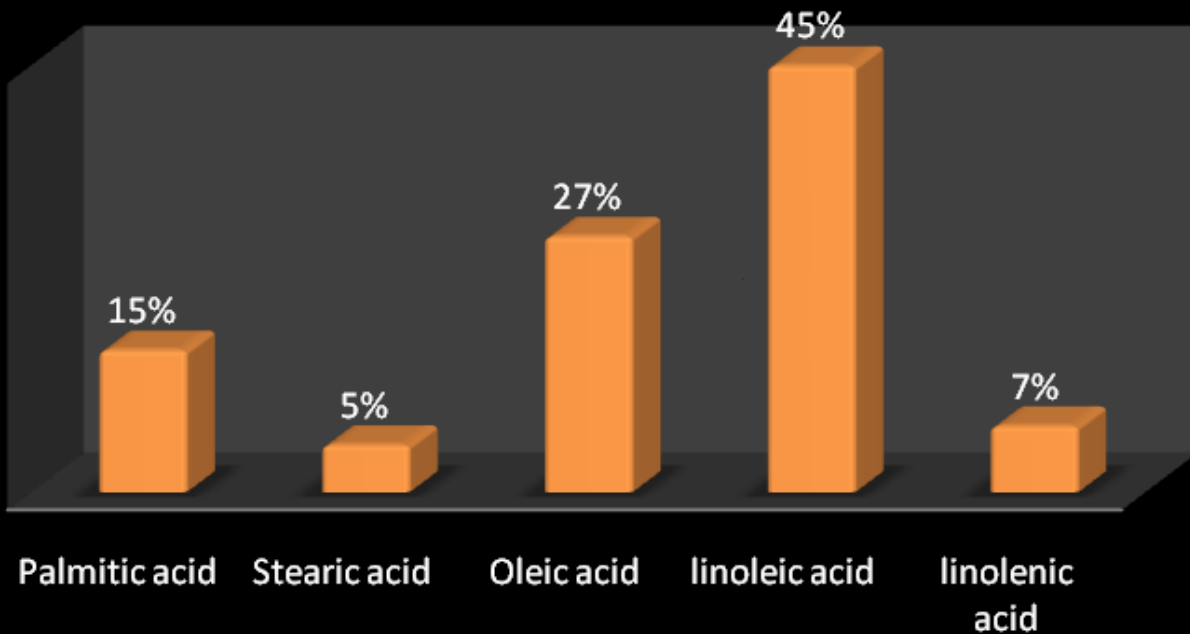
## Safflower oil



# Soy oil



Soy oil

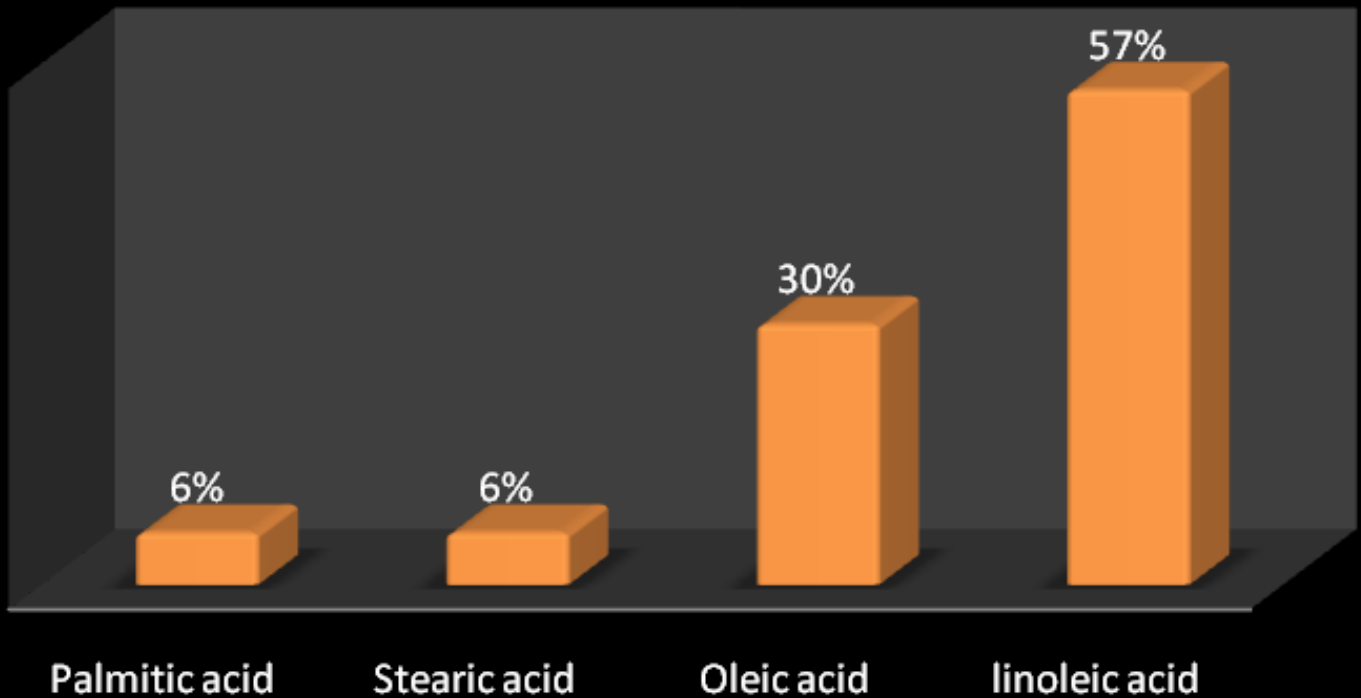




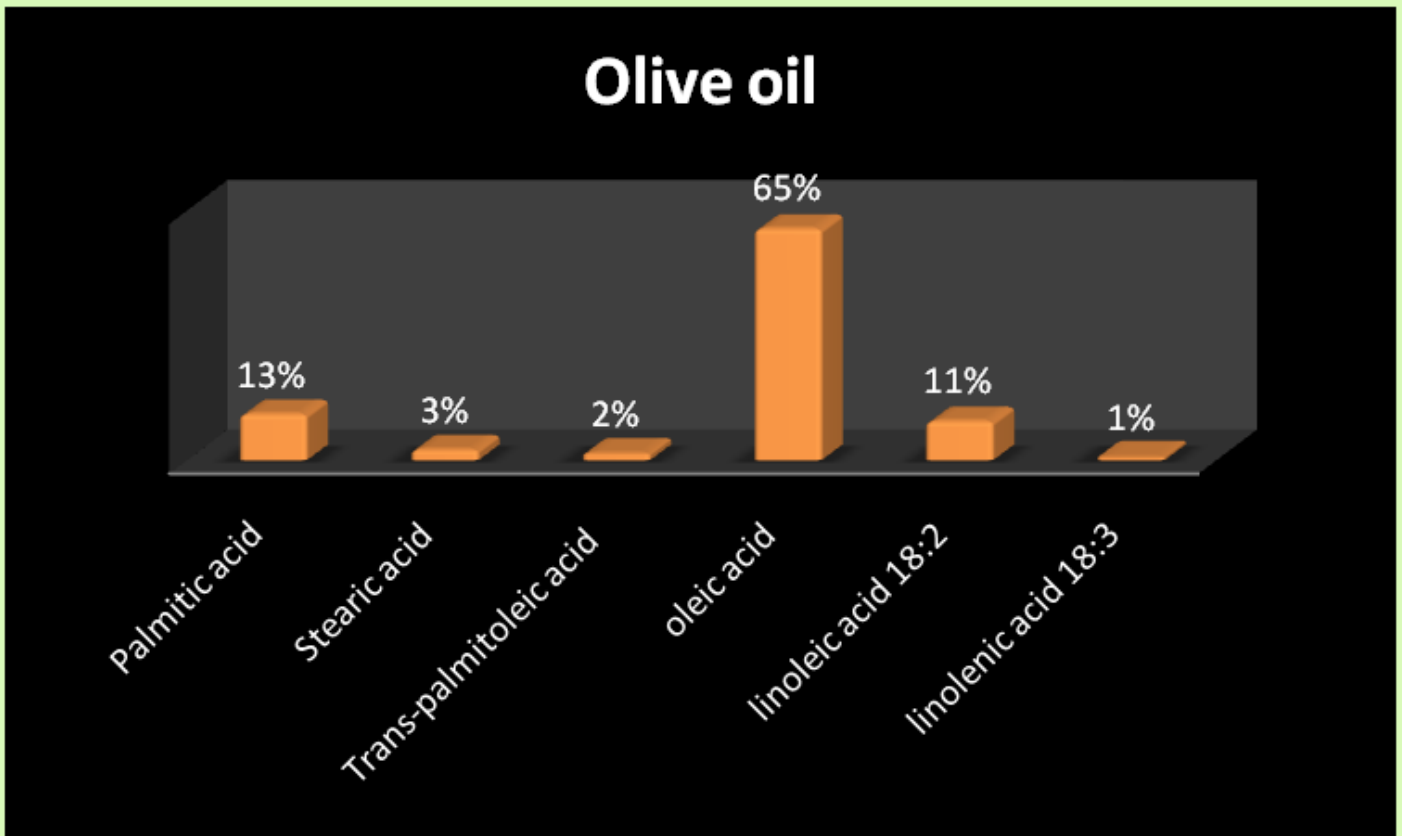
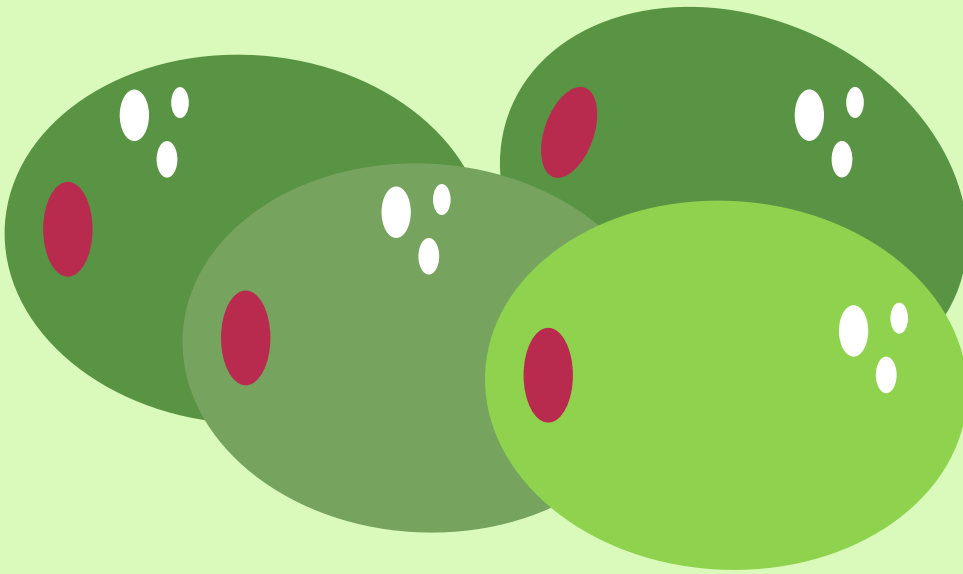
# Sunflower oil



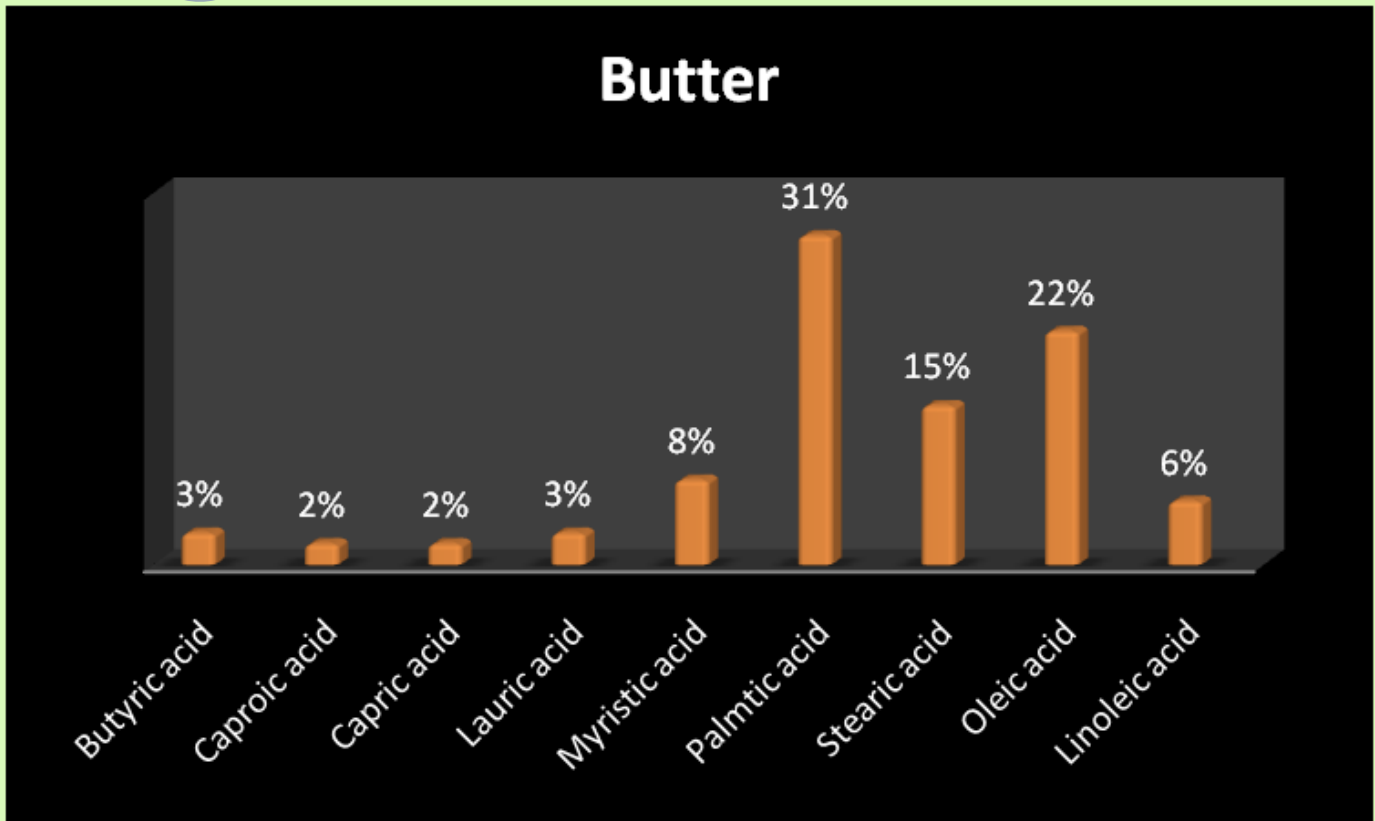
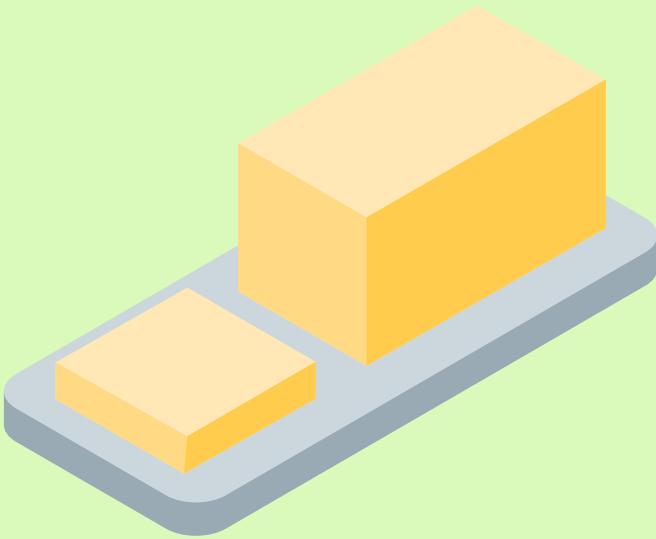
## Sunflower oil



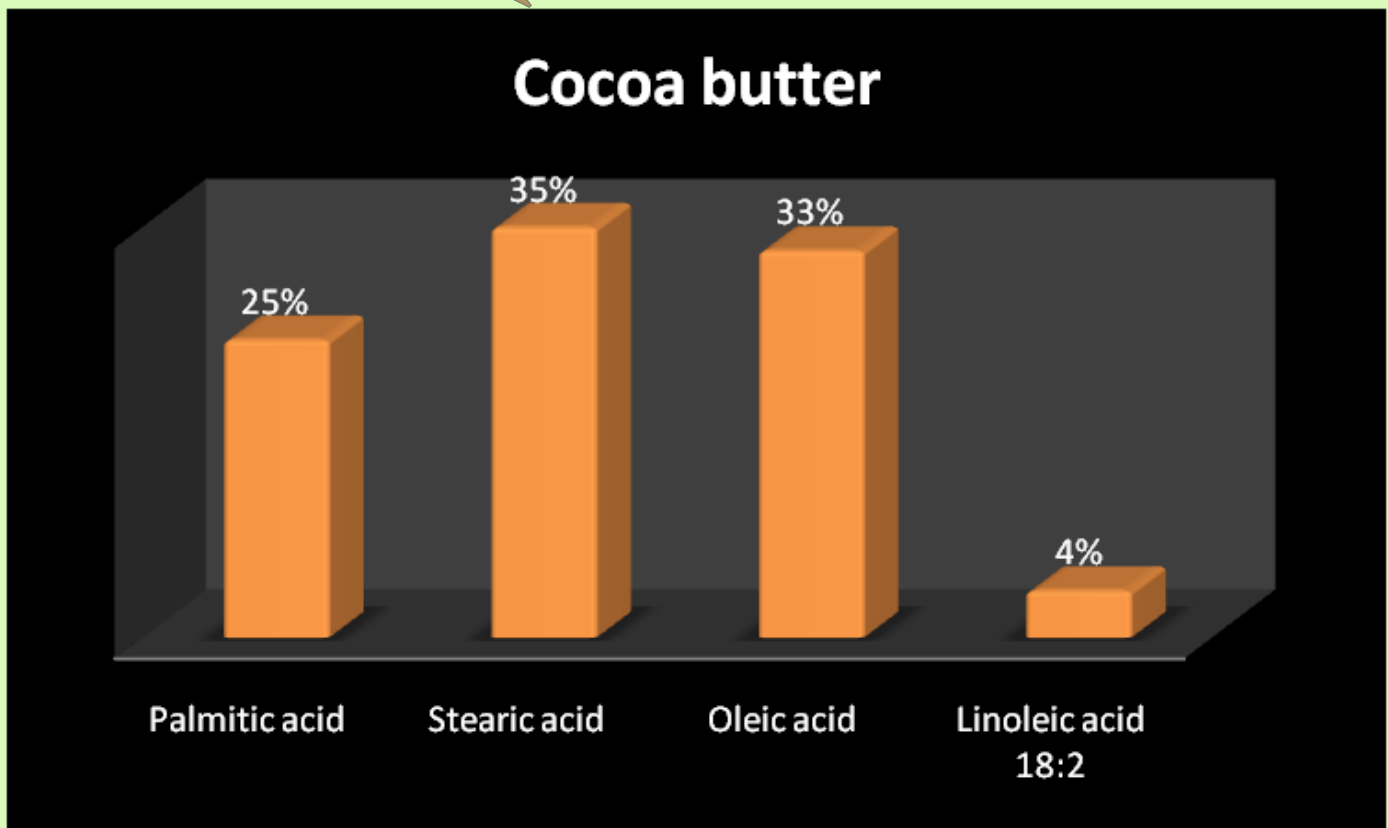
# Olive oil



# Butter



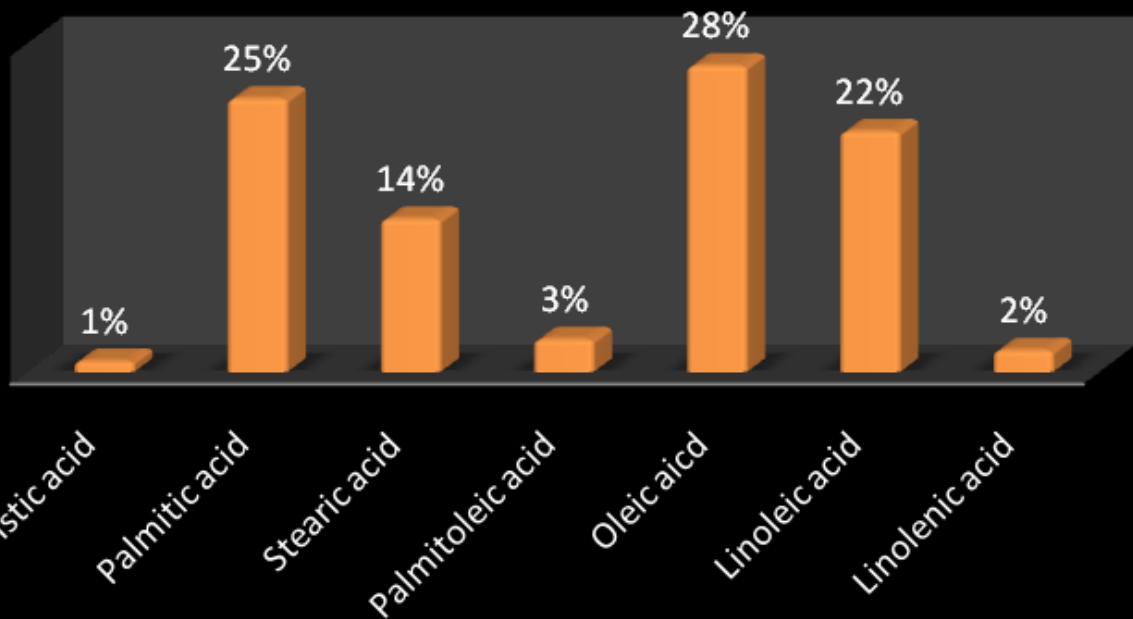
# Cocoa butter



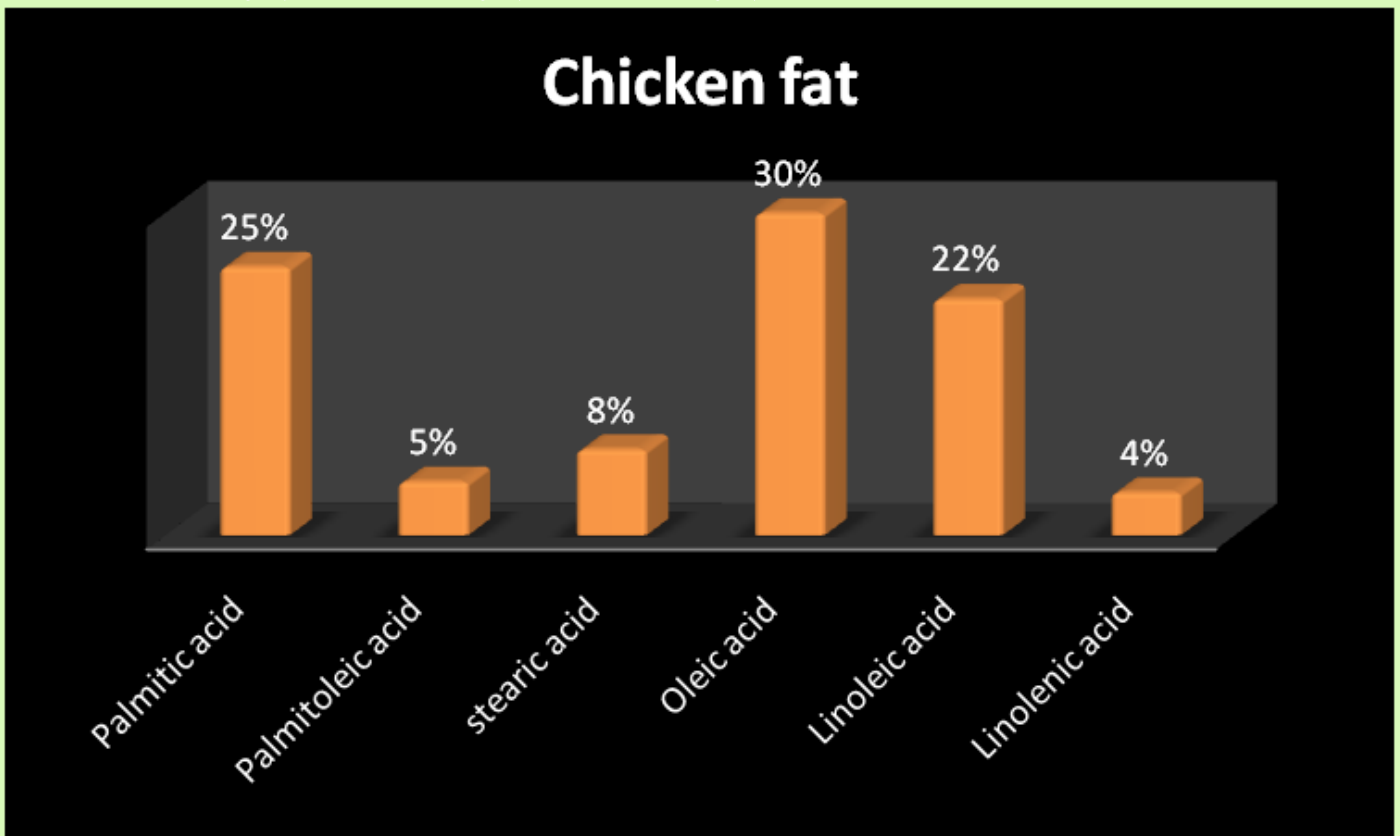
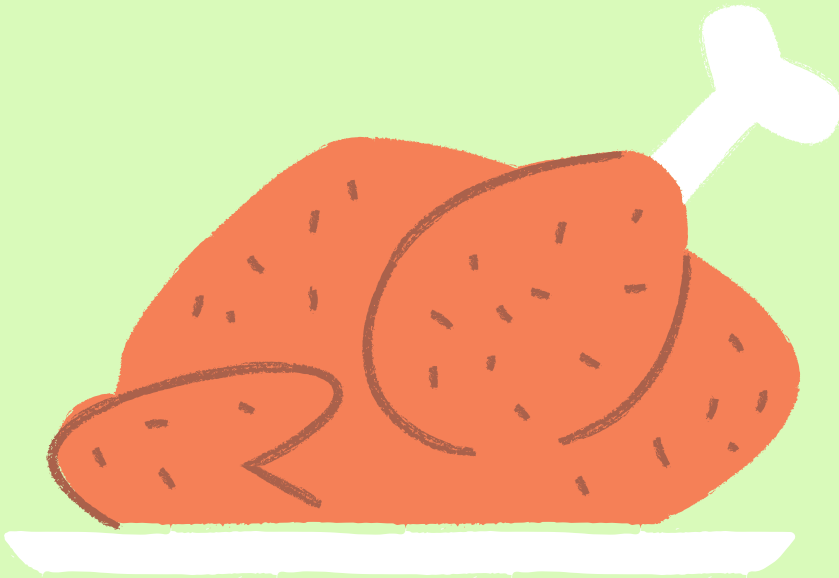
# Lard fat



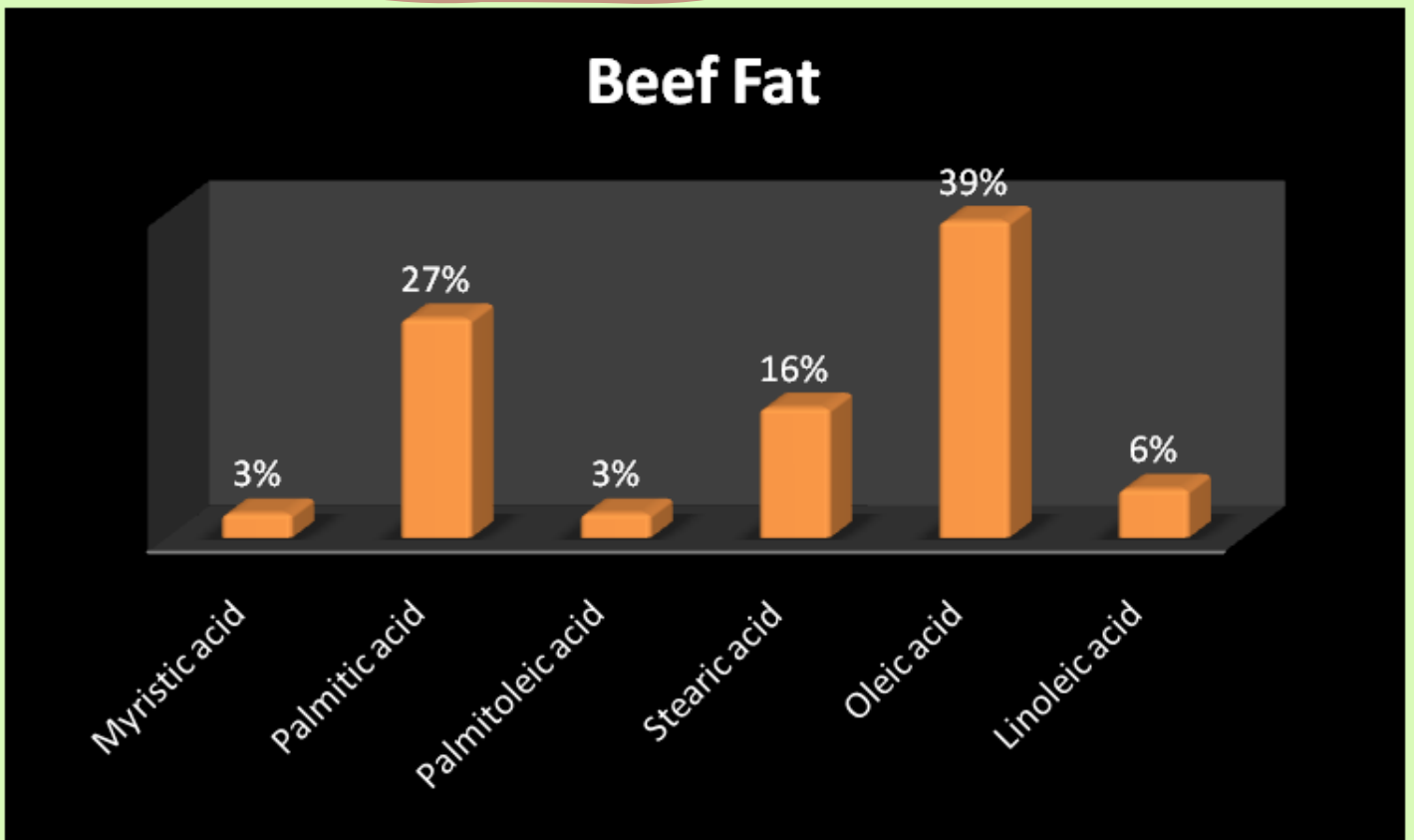
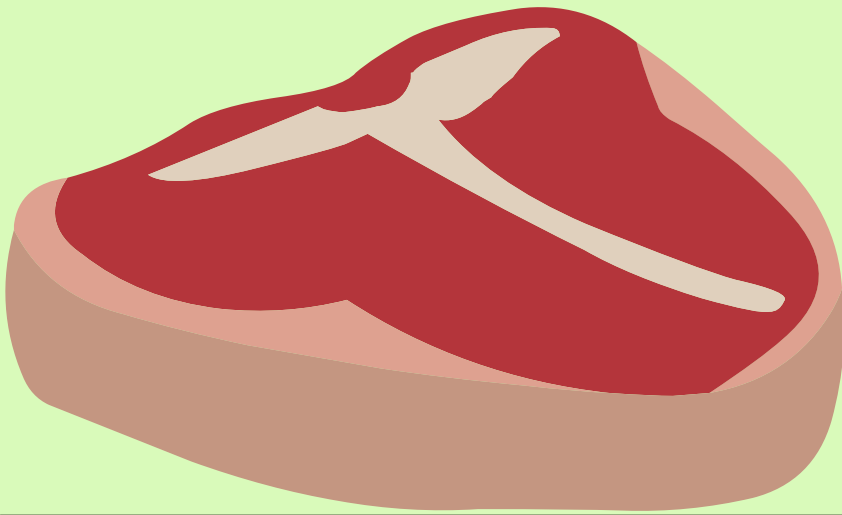
Lard fat (pig)



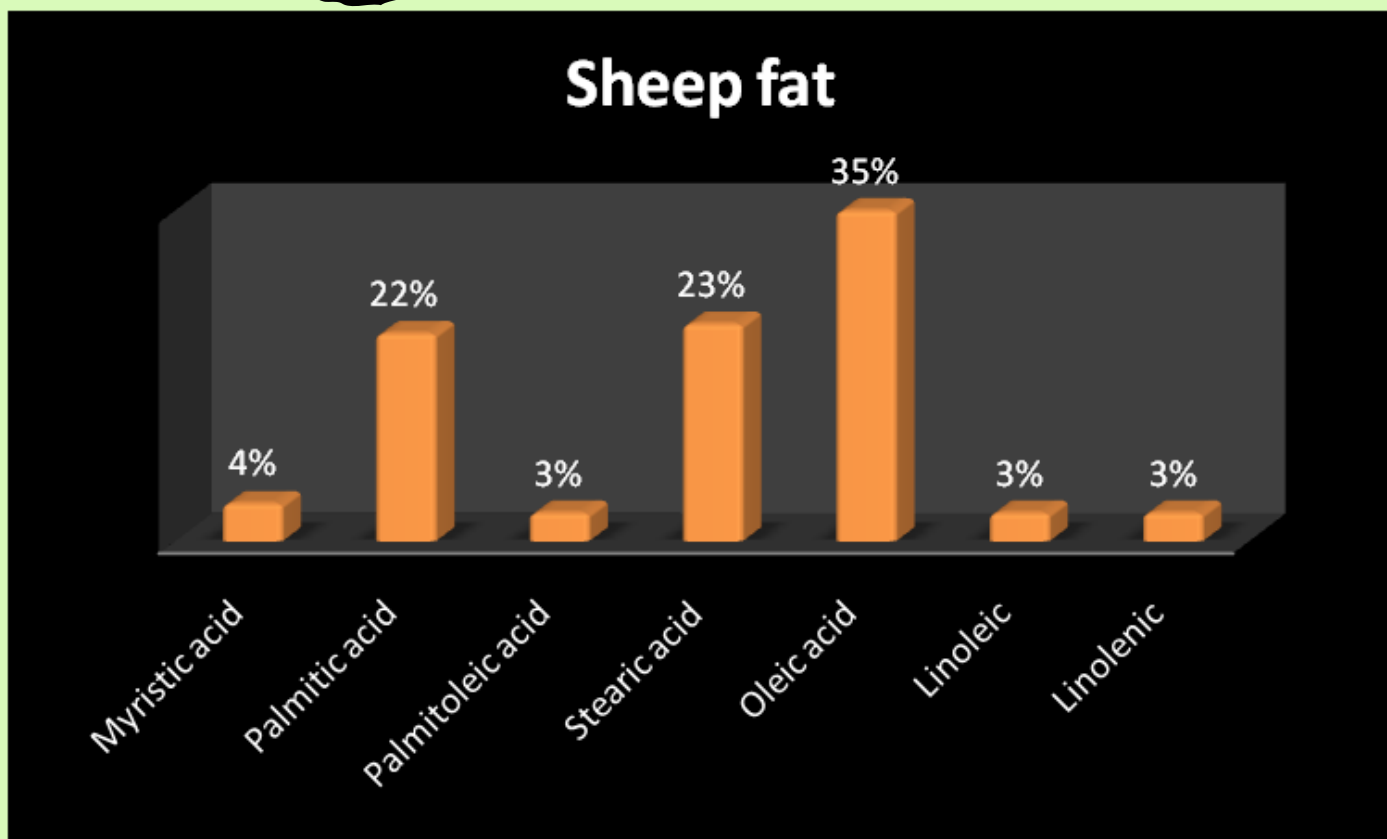
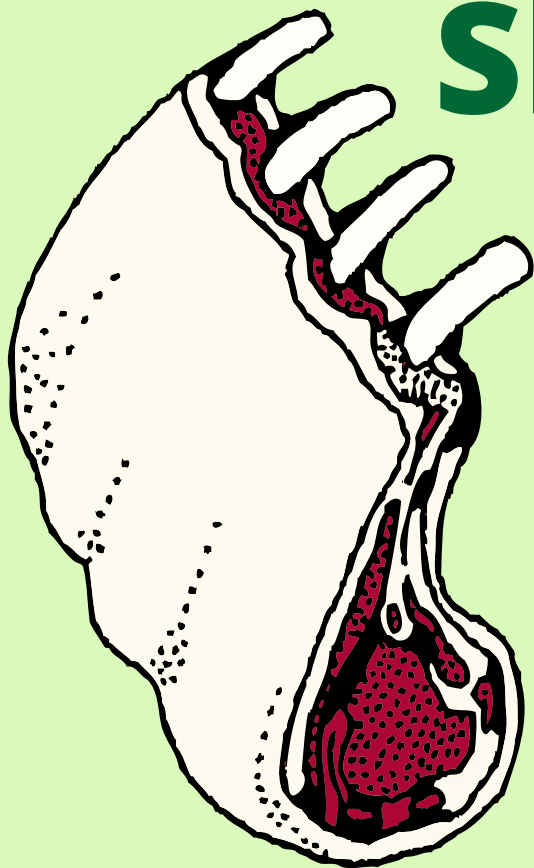
# Chicken fat



# Beef fat

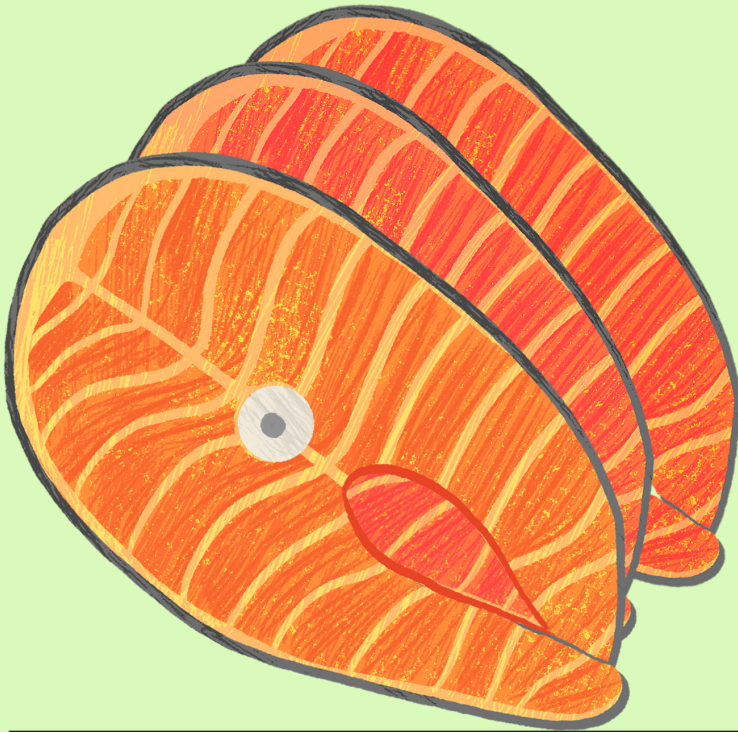


# Sheep fat

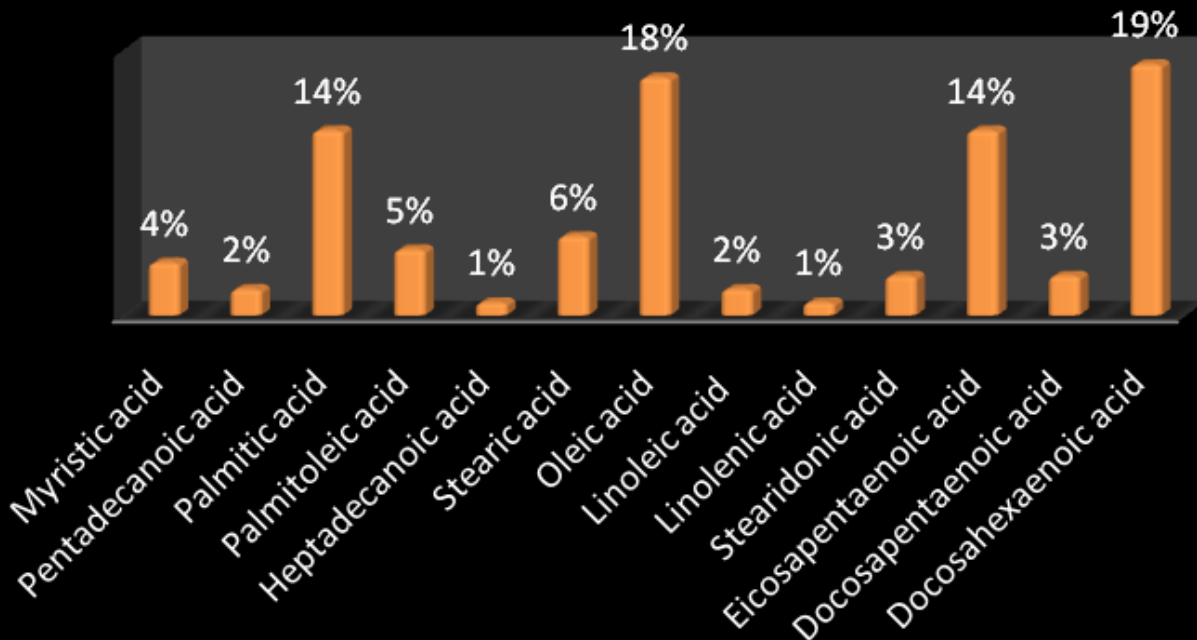




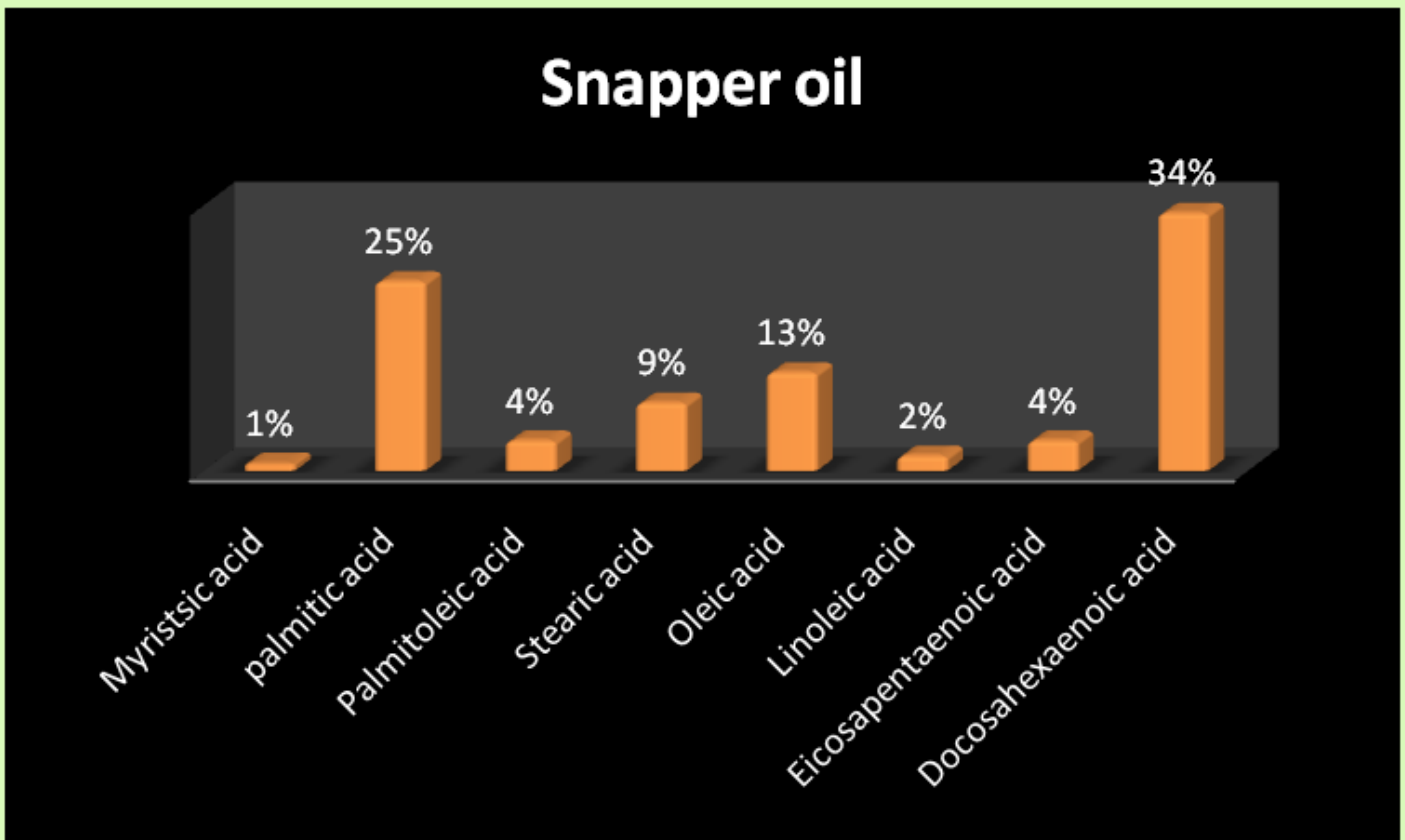
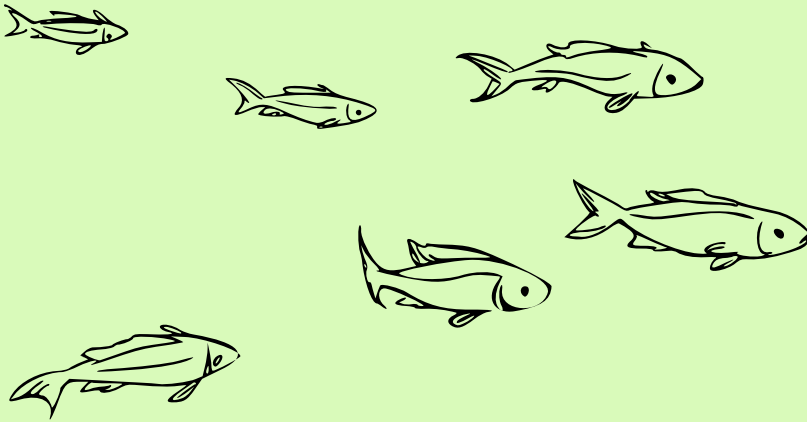
# Salmon oil



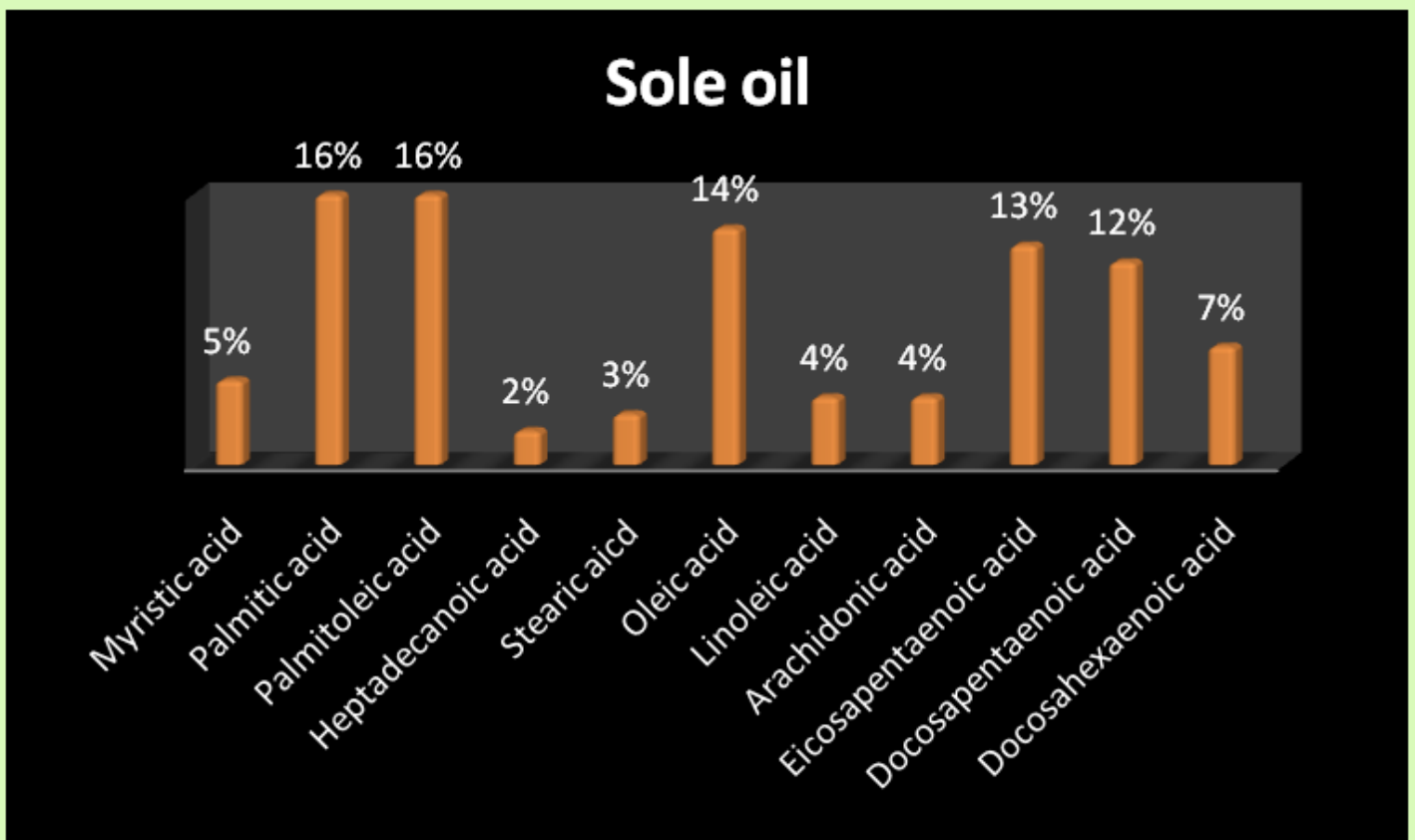
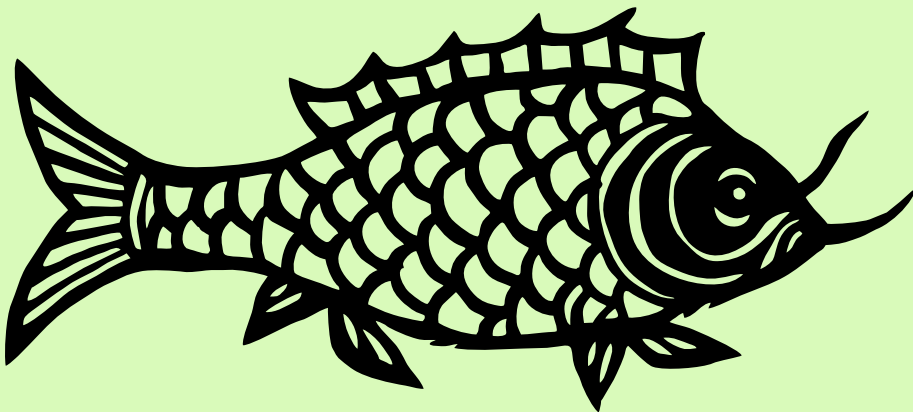
Salmon (pink) oil



# Snapper oil



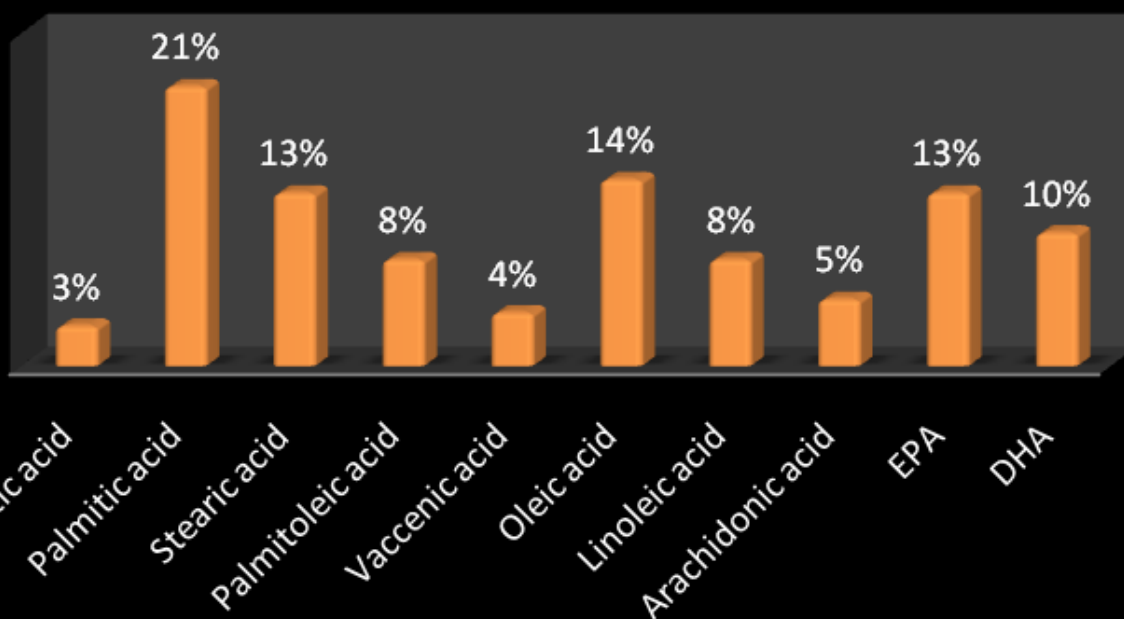
# Sole oil



# Shrimp fat



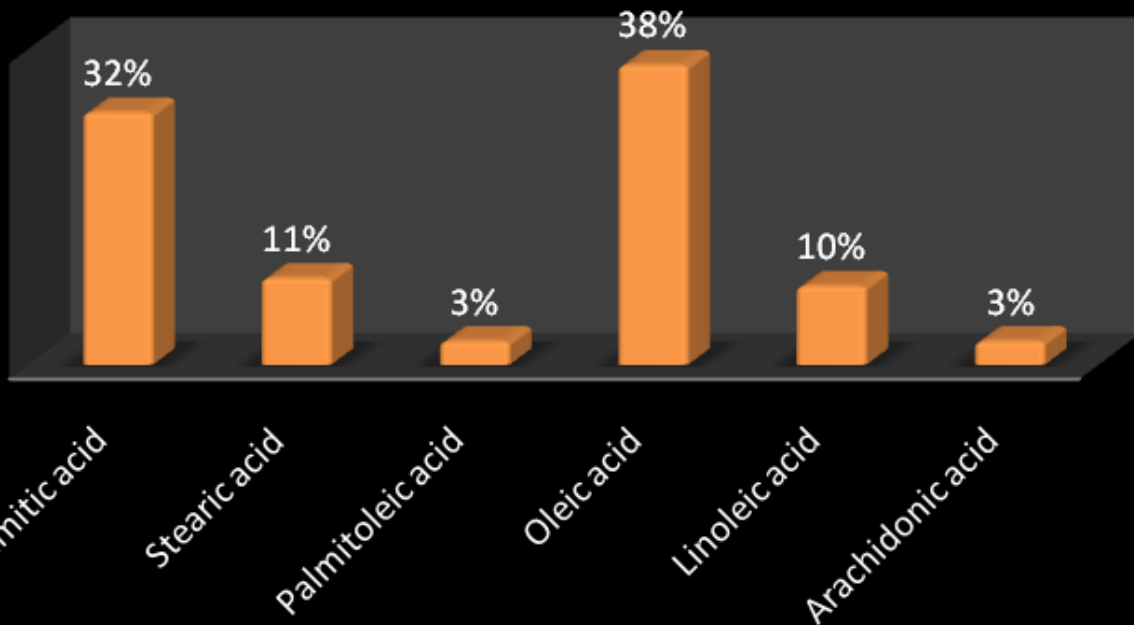
## Shrimp fat



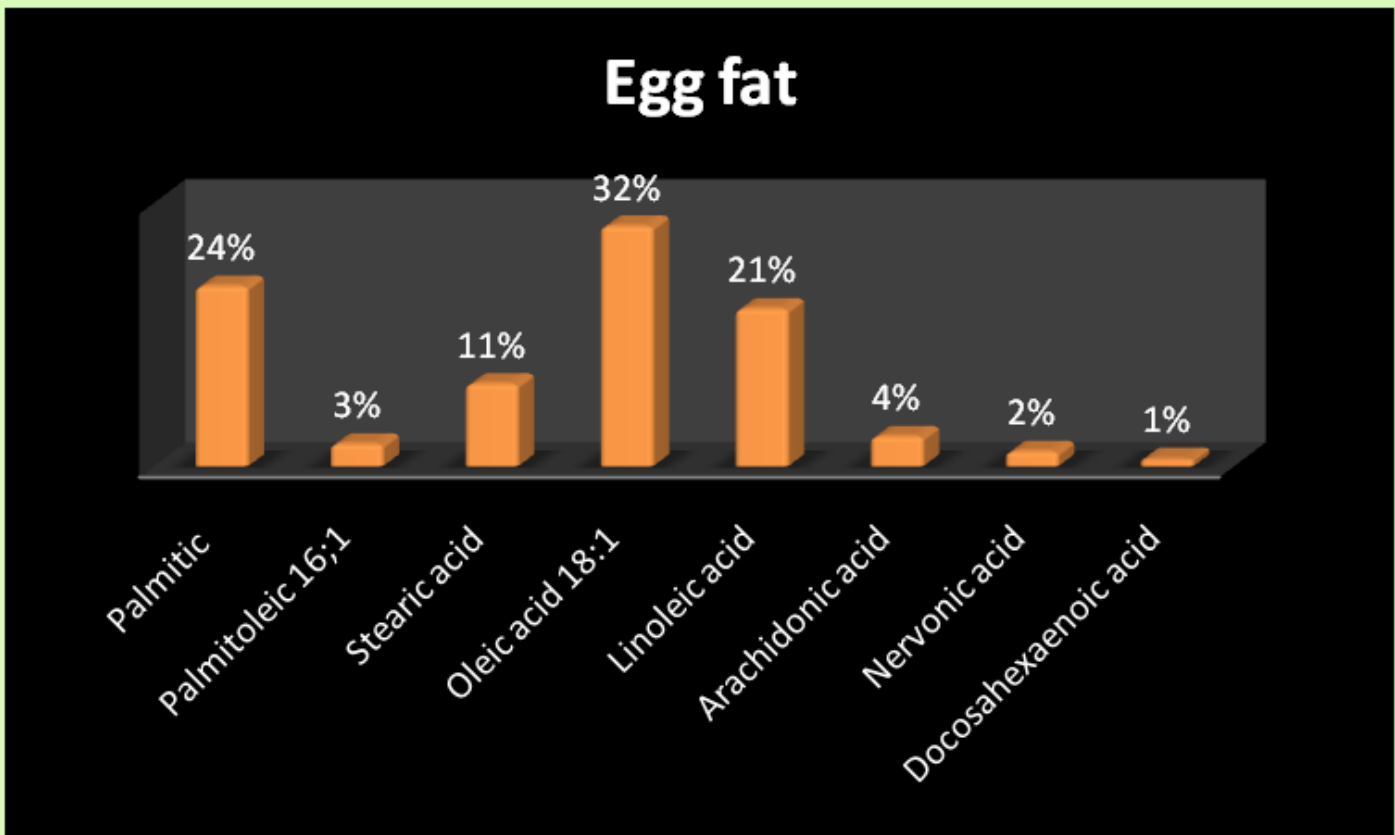
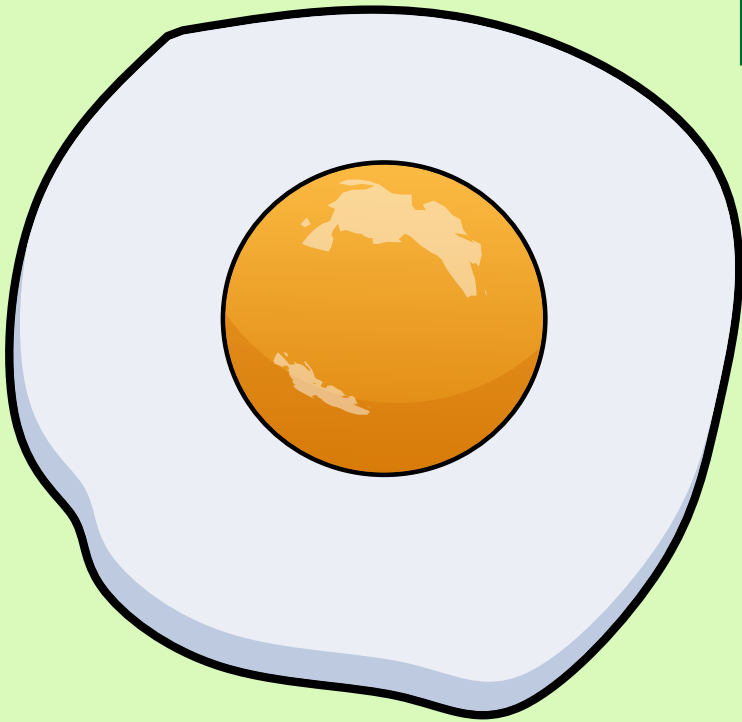
# Egg yoke



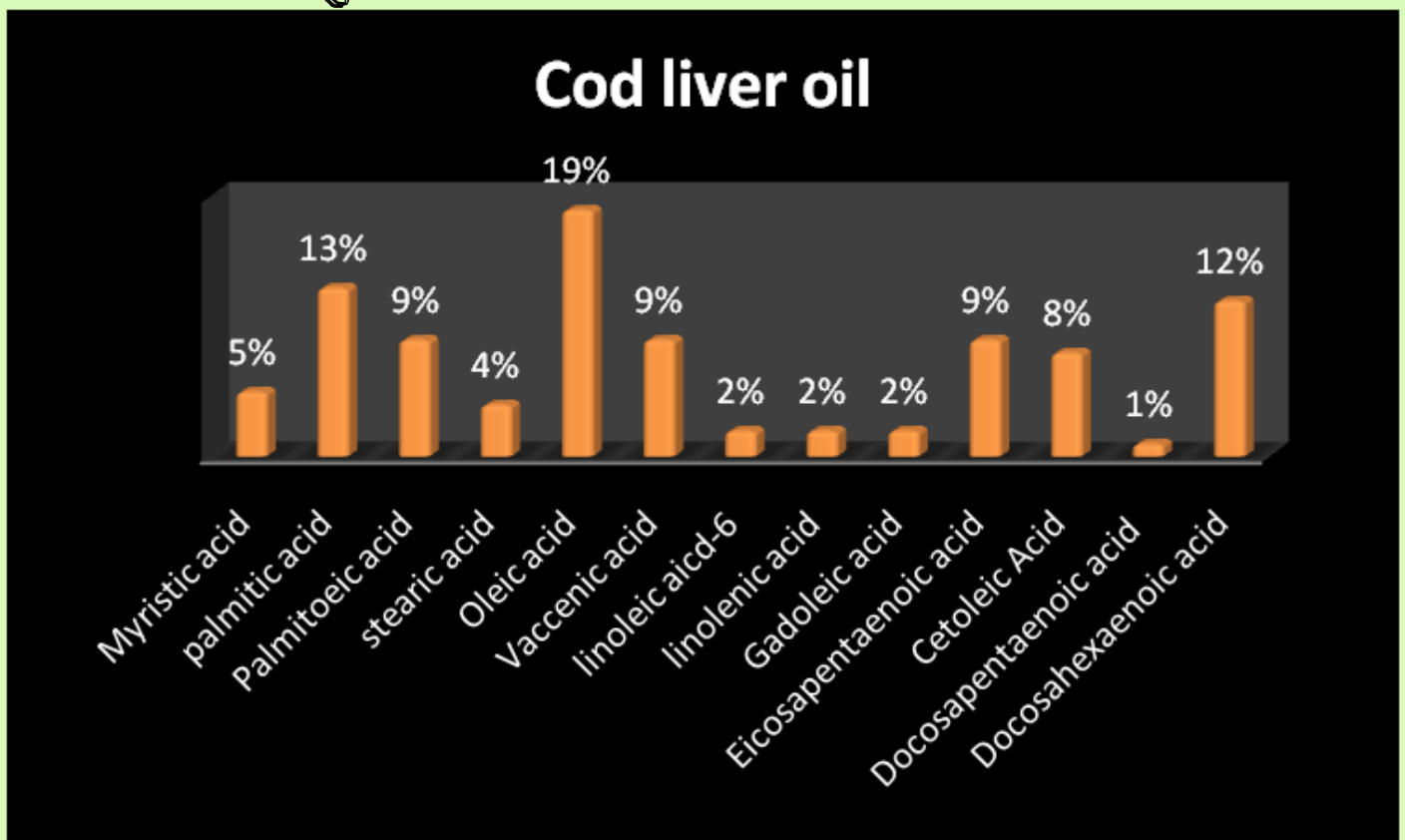
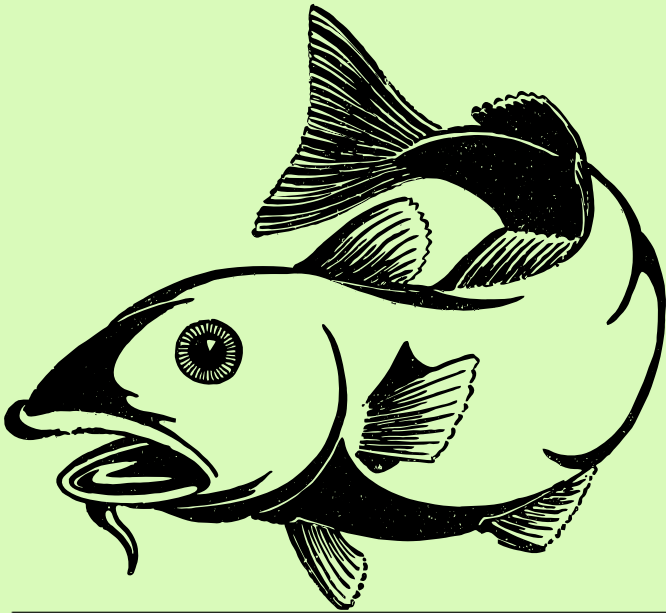
Egg yoke



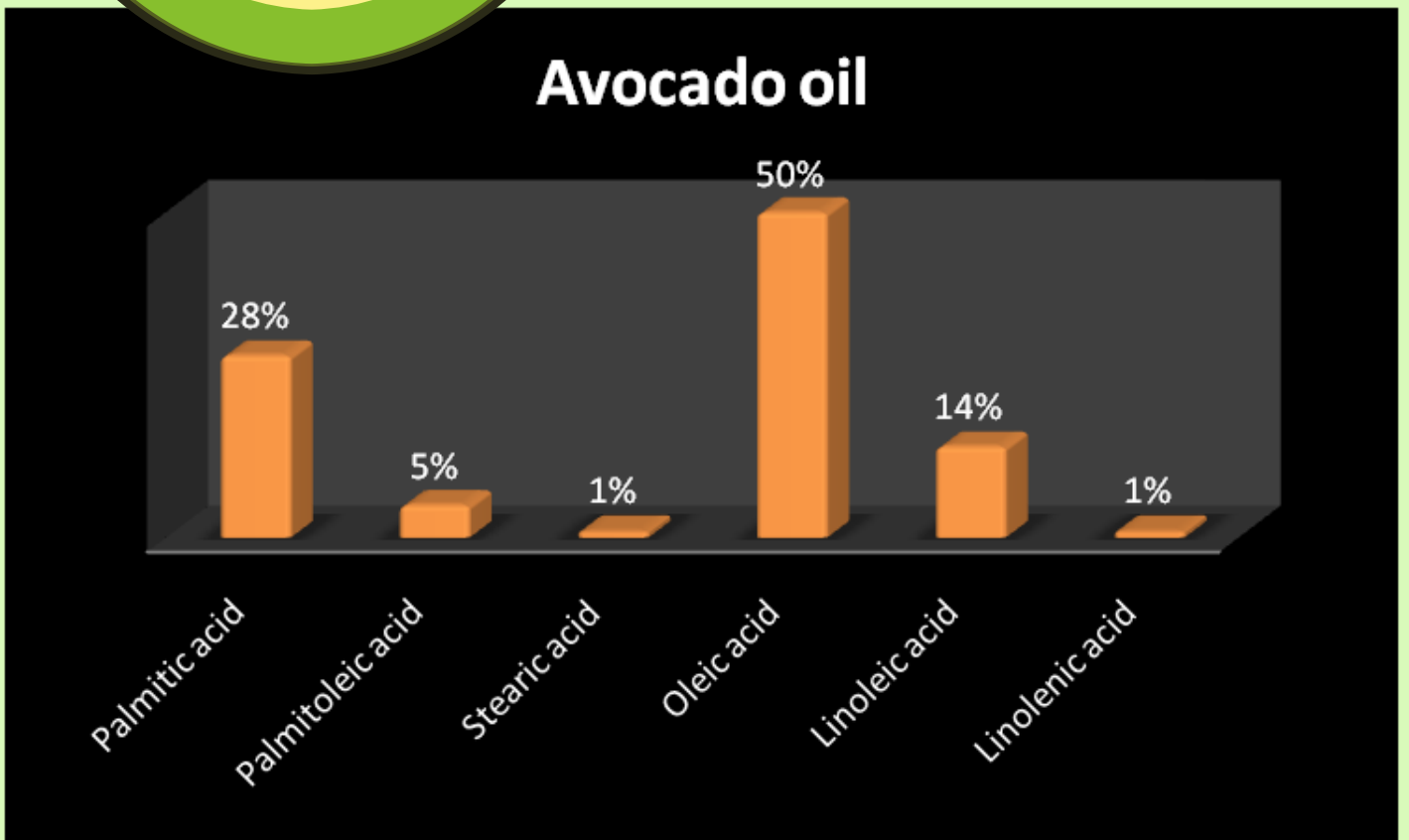
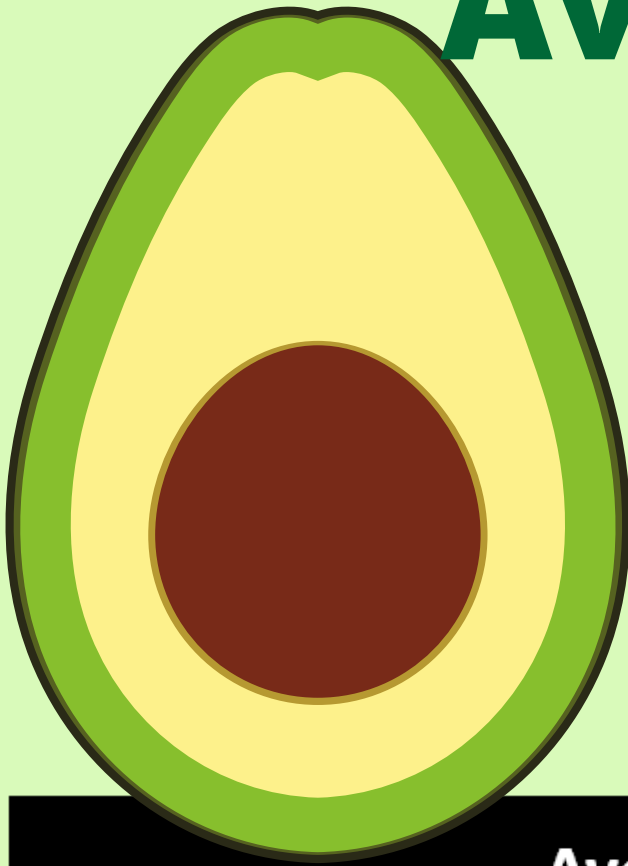
# Egg fat



# Cod liver oil



# Avocado oil

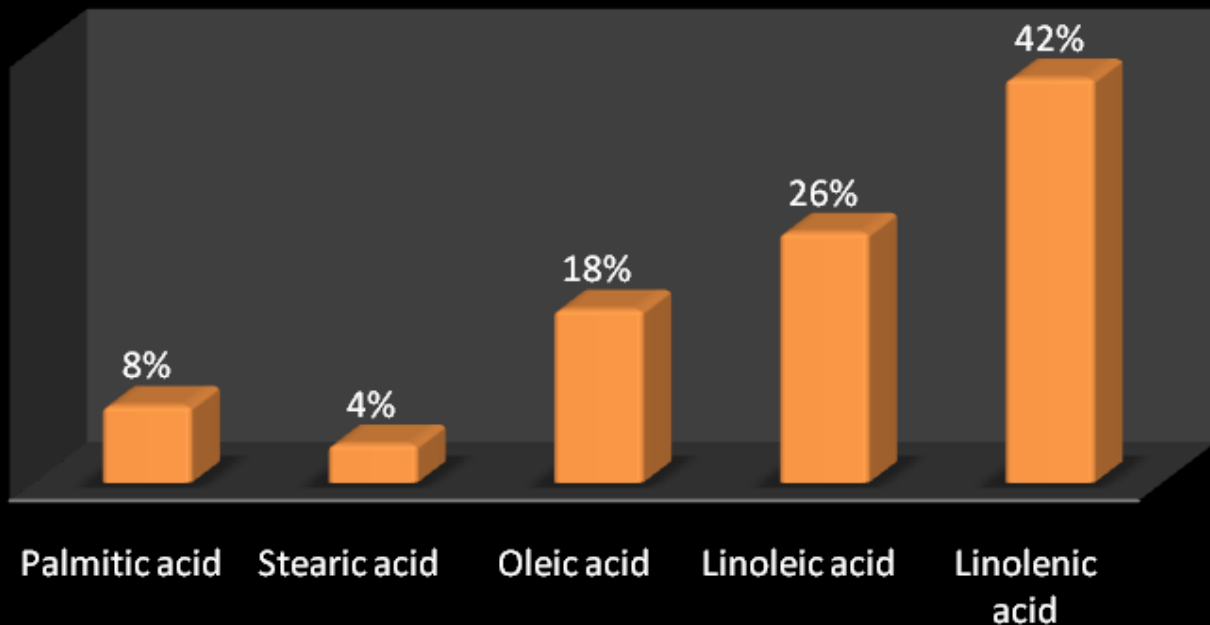




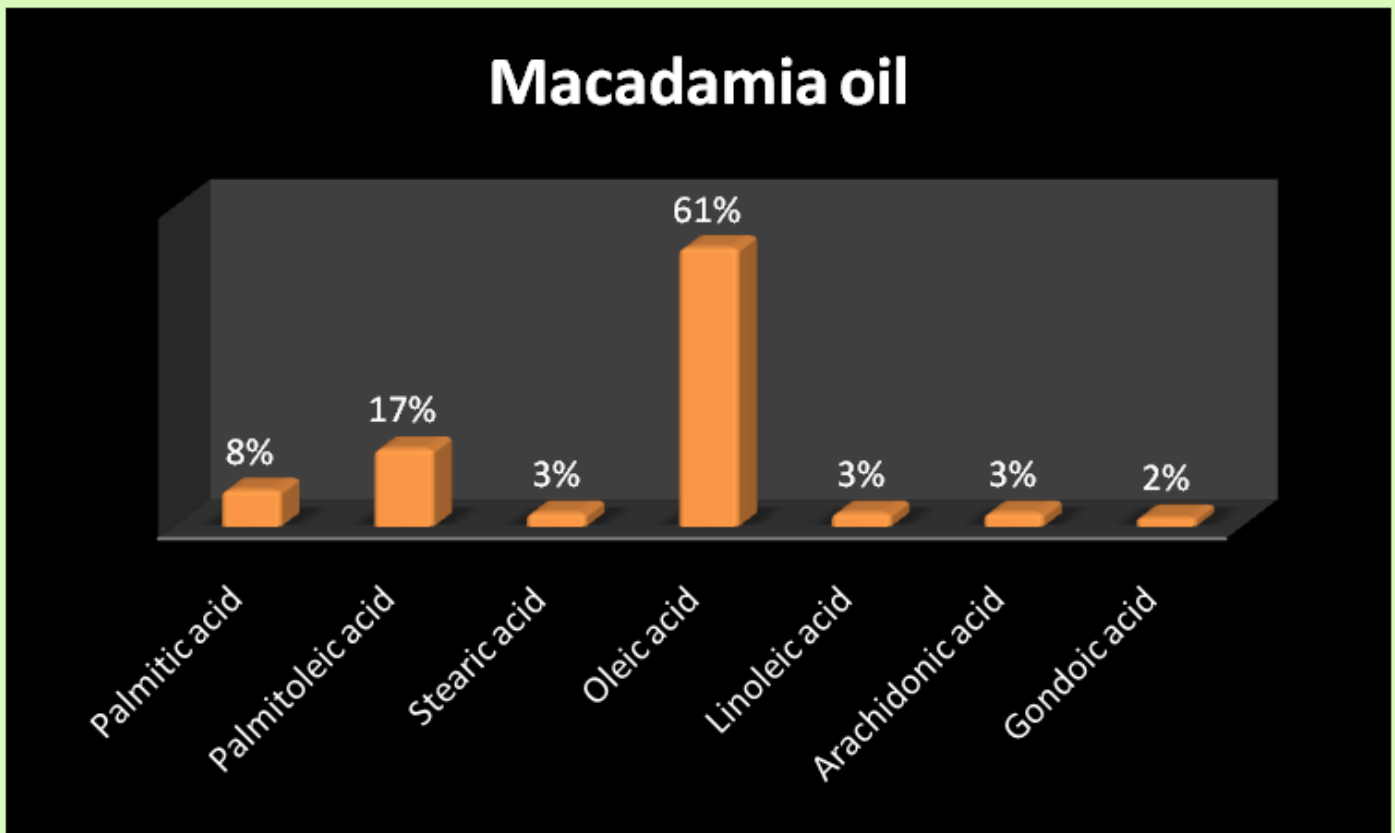
# Flax seed oil



## Flax seed oil



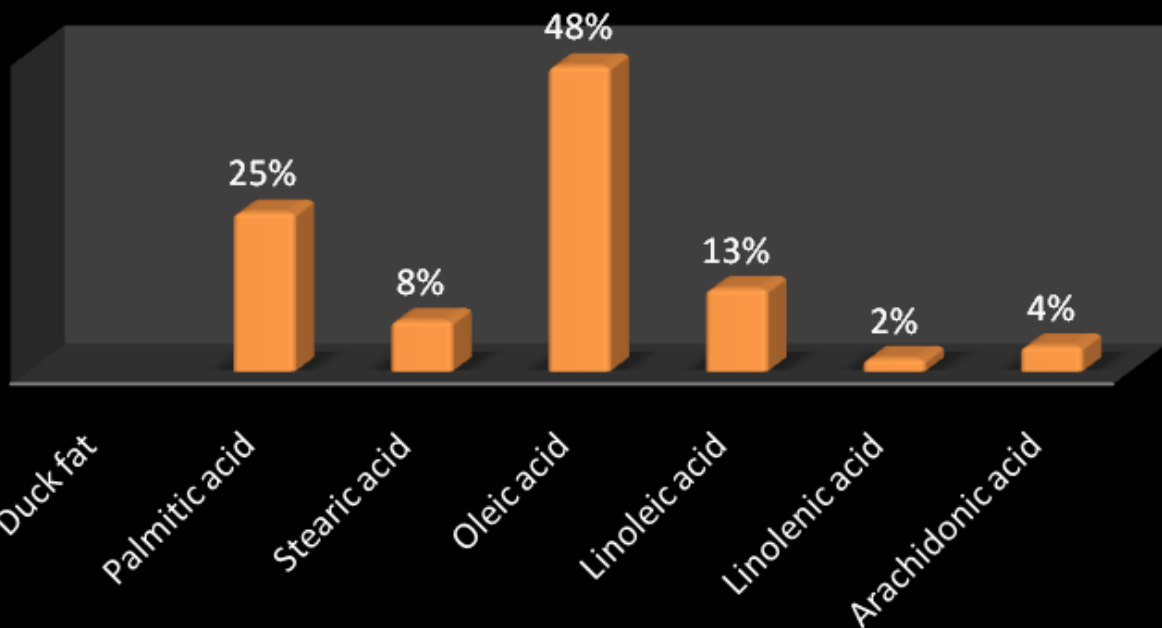
# Macadamia oil



# Duck fat



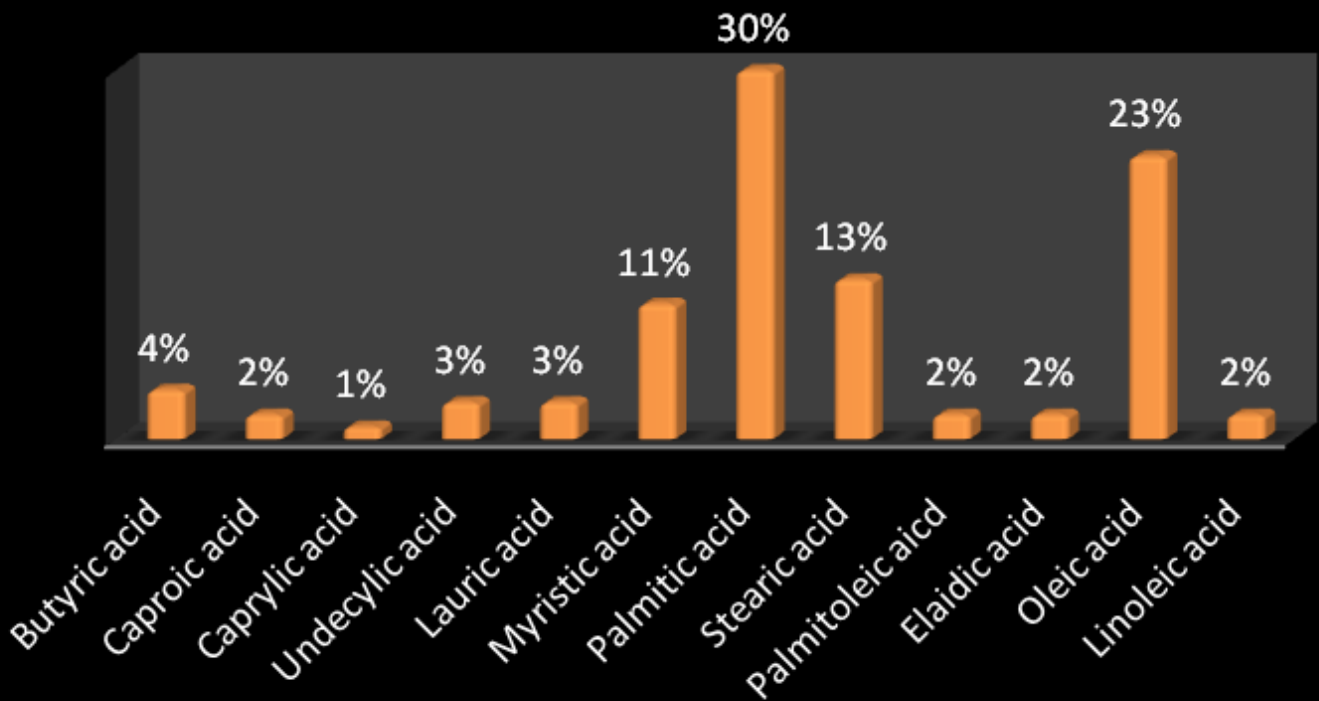
Duck fat

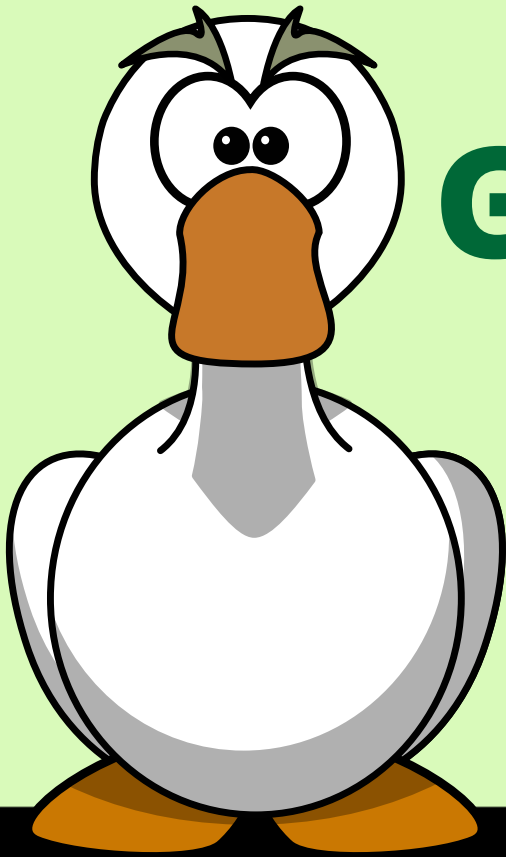




# Milk fat

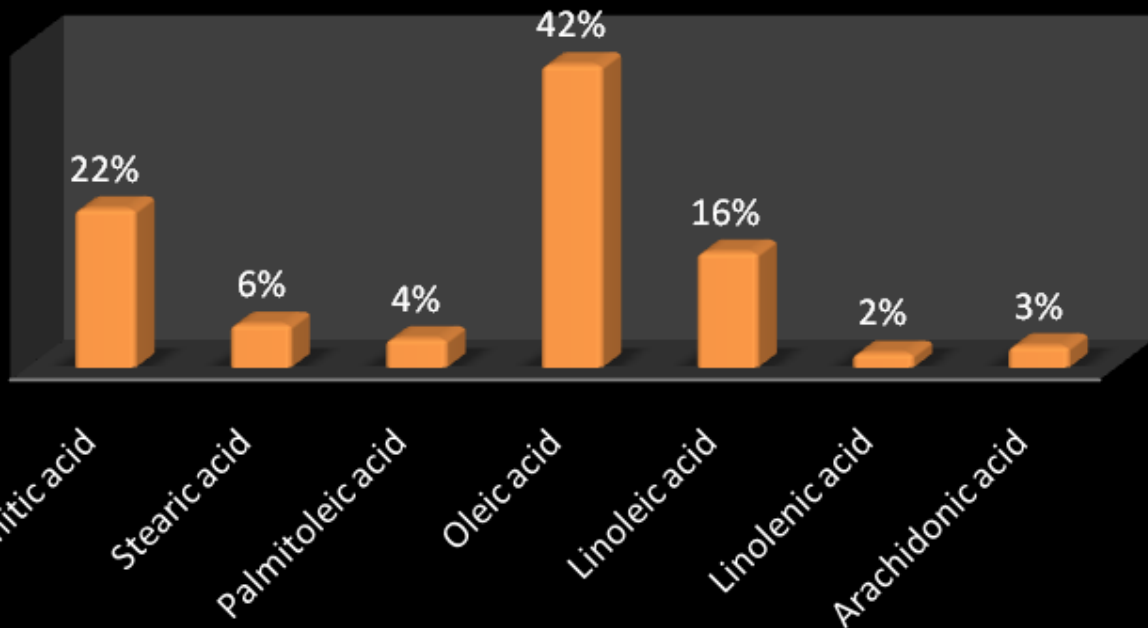
## Milk fat



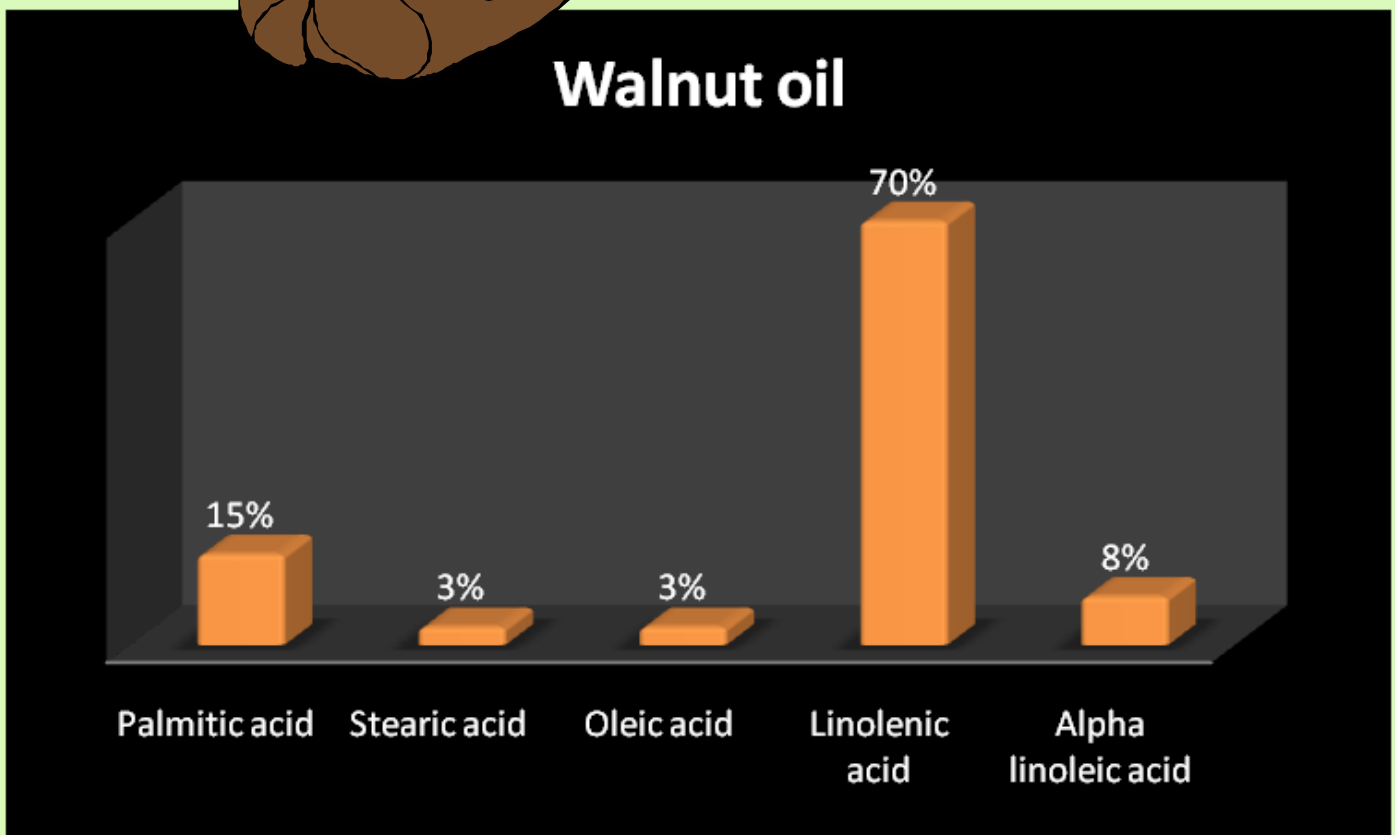


# Goose fat

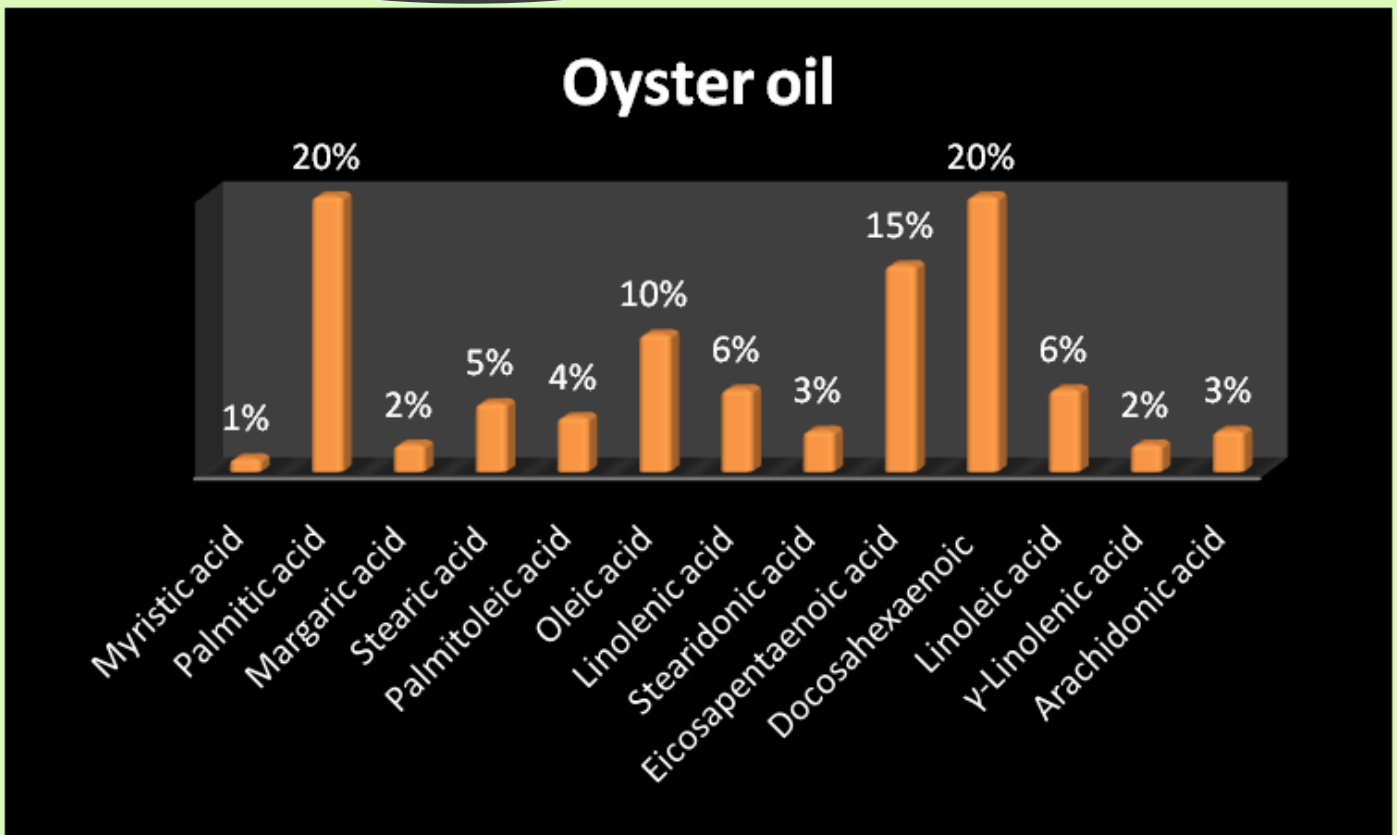
Goose fat



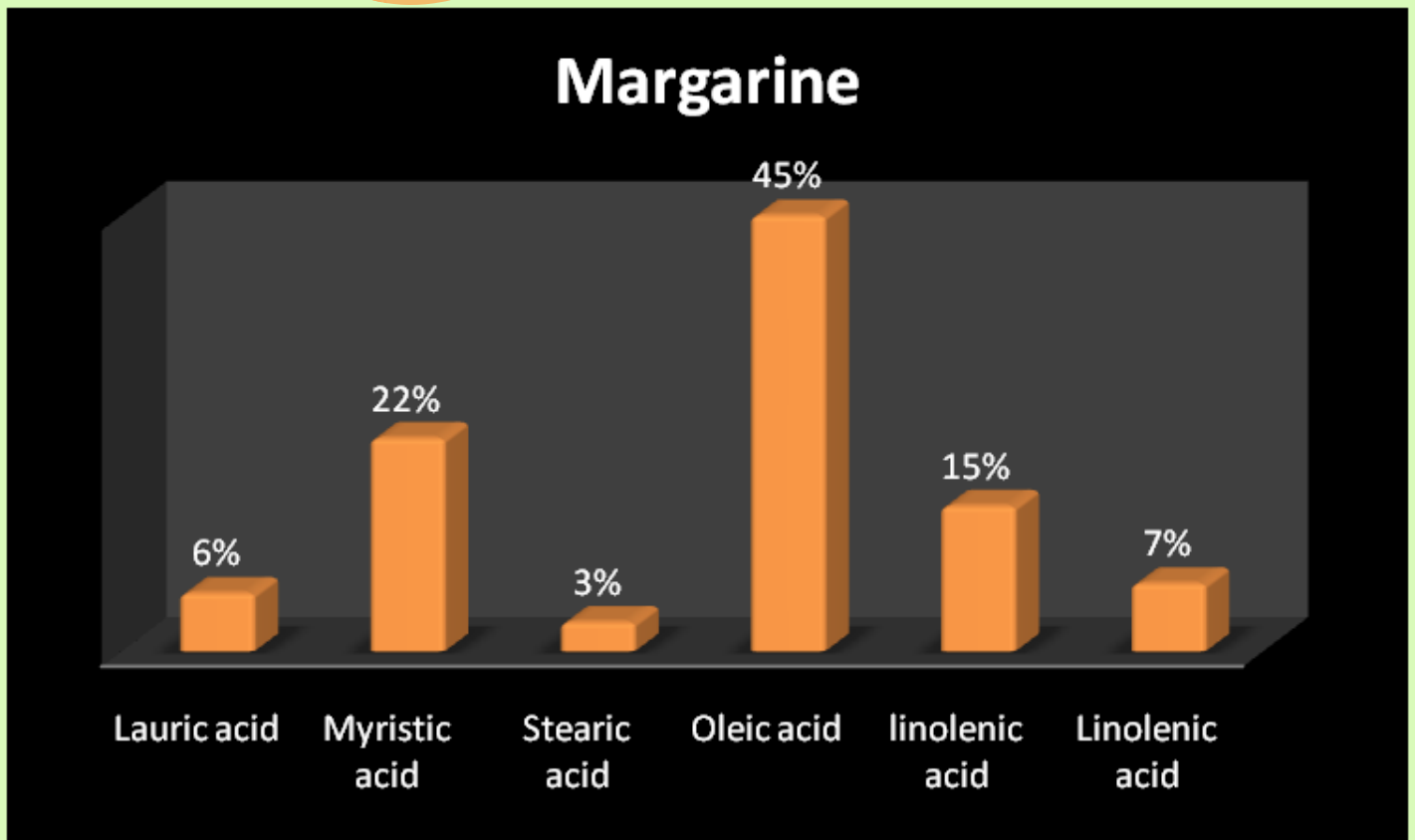
# Walnut oil



# Oyster oil



# Margarine

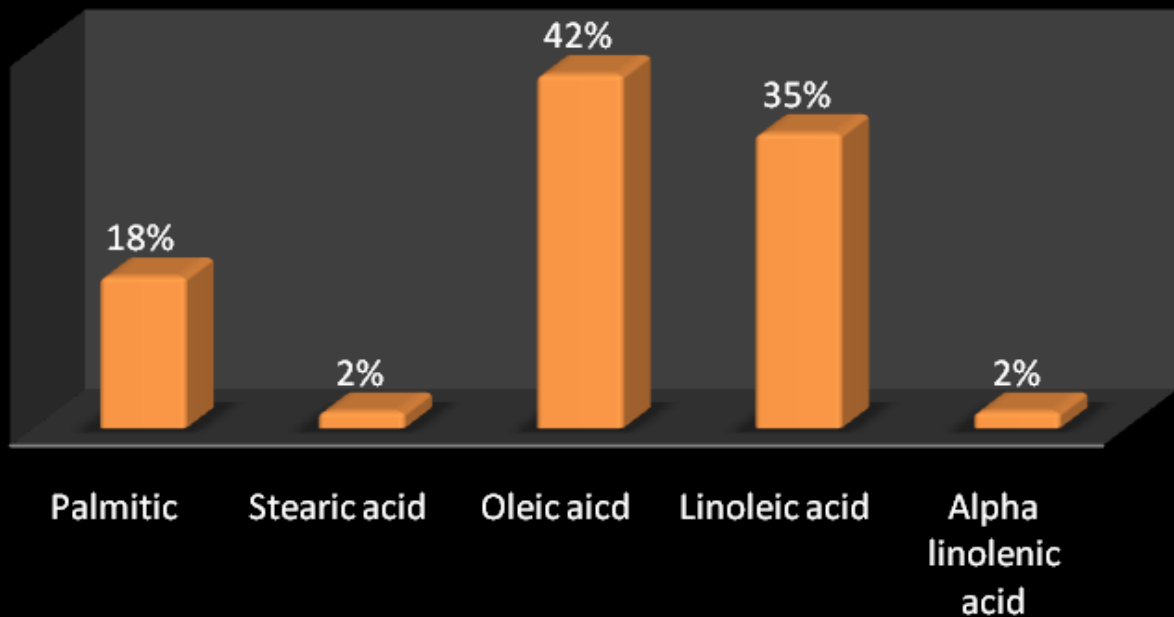




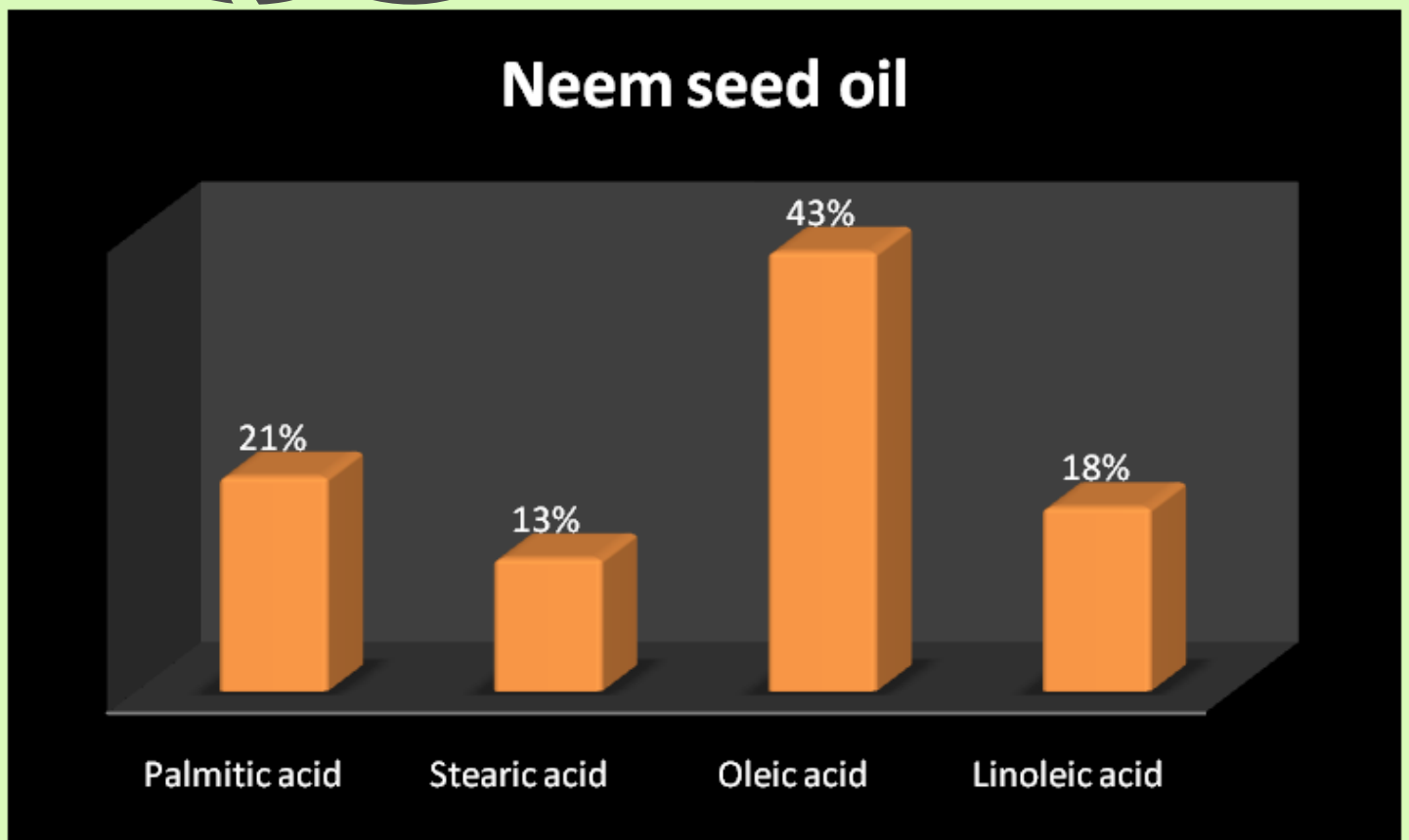
# Rice bran oil



## Rice bran oil



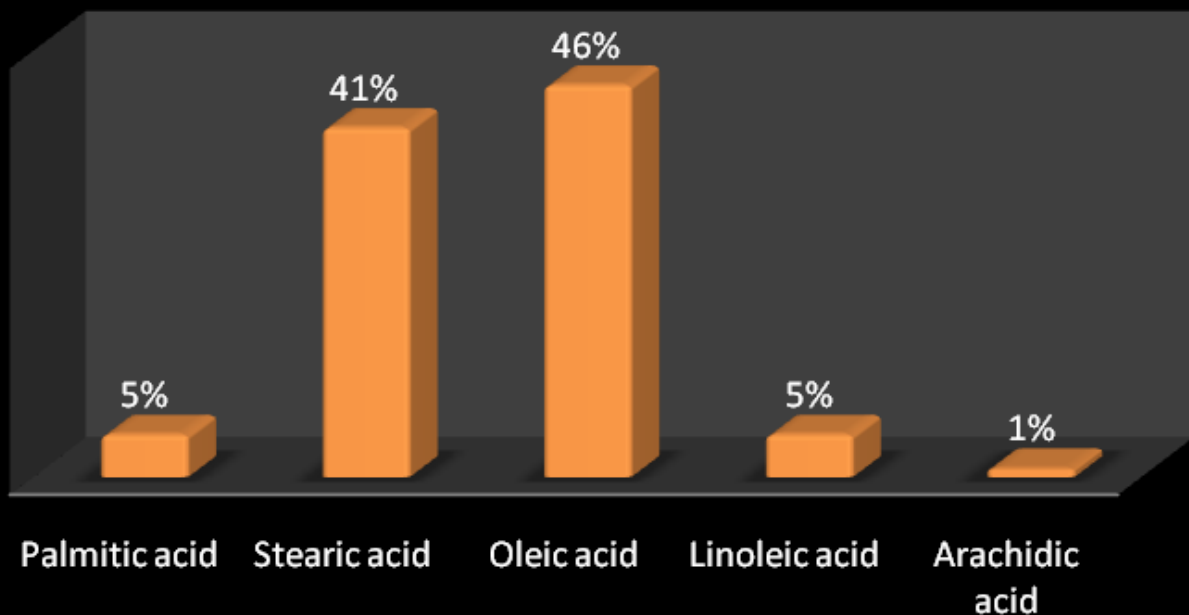
# Neem seed oil



# Shea nut butter



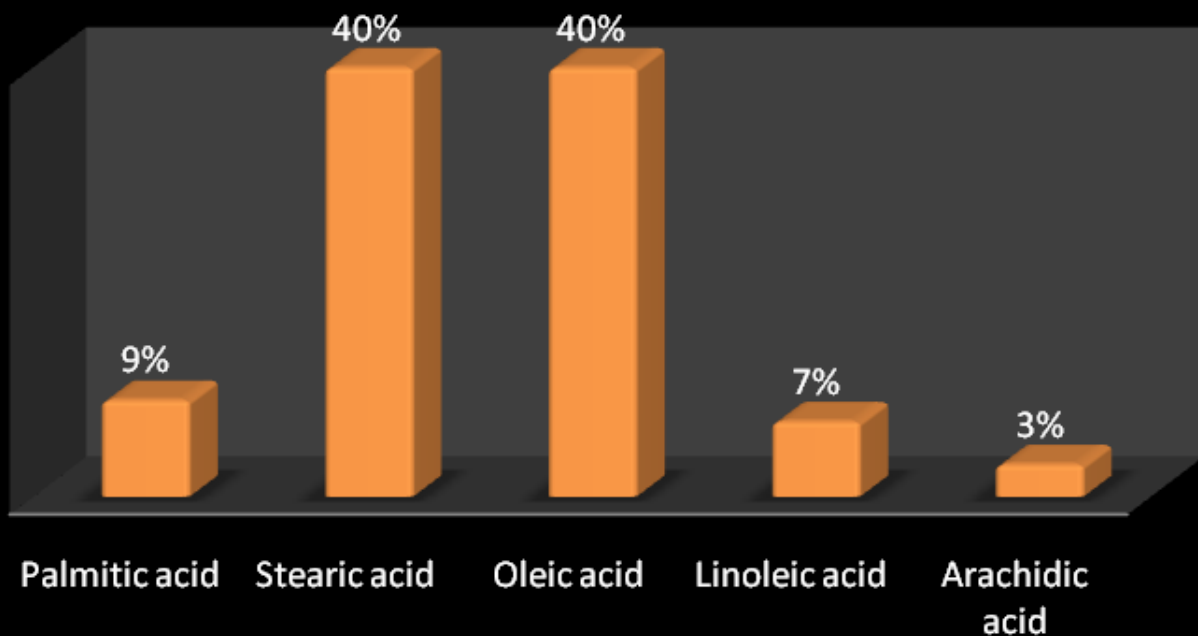
Shea nut butter



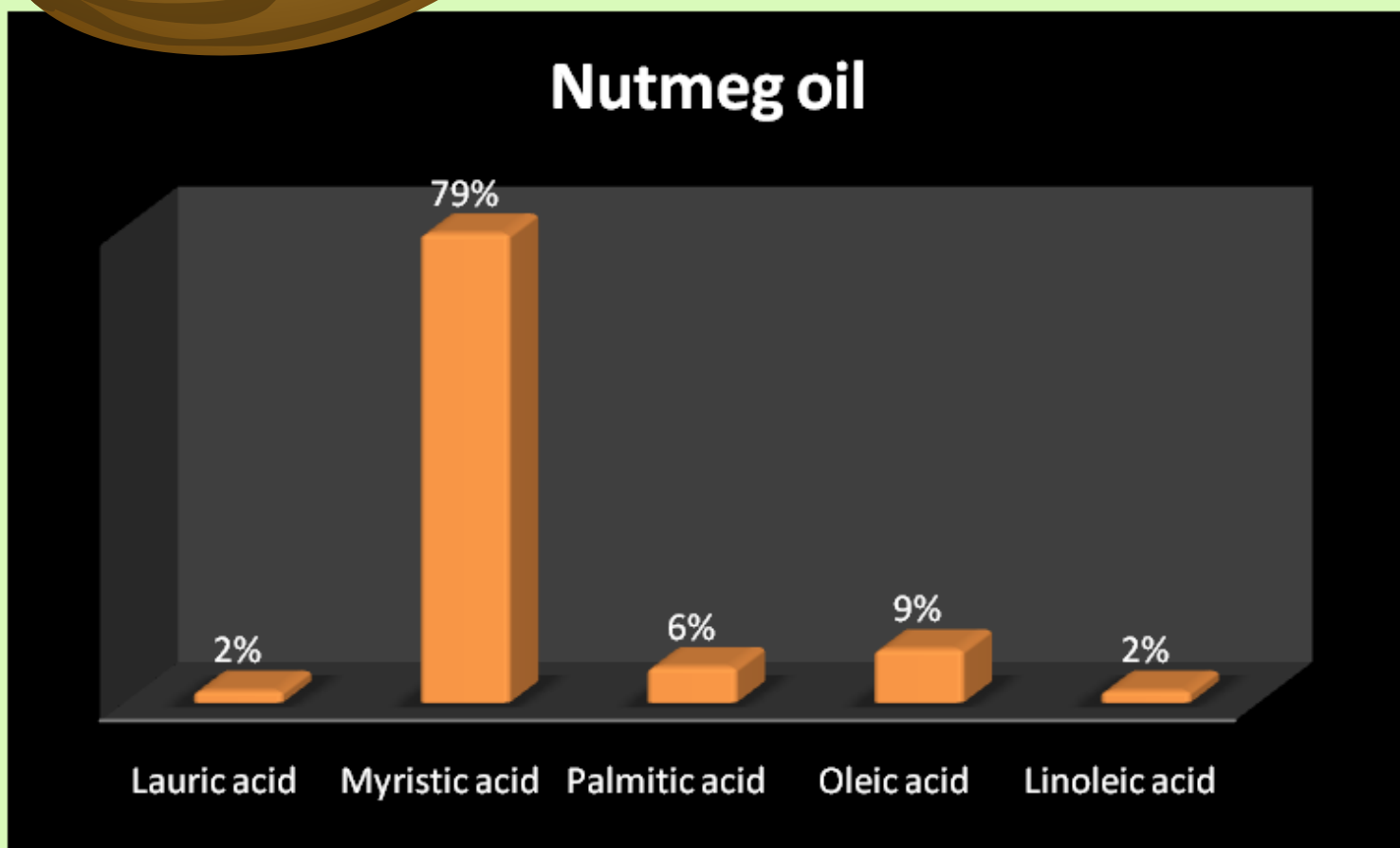
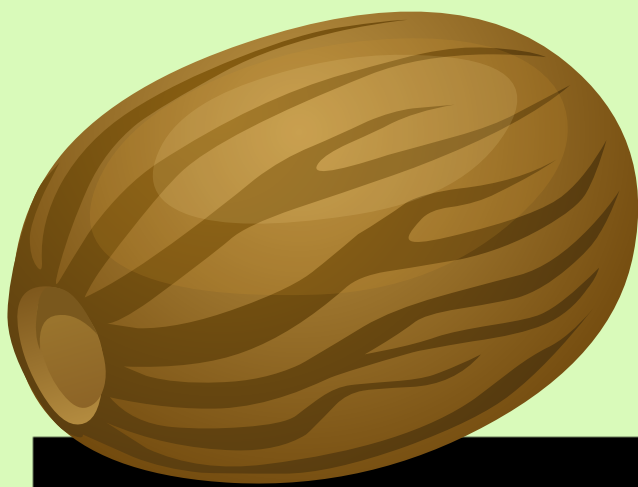
# Mango seed oil



Mango seed oil



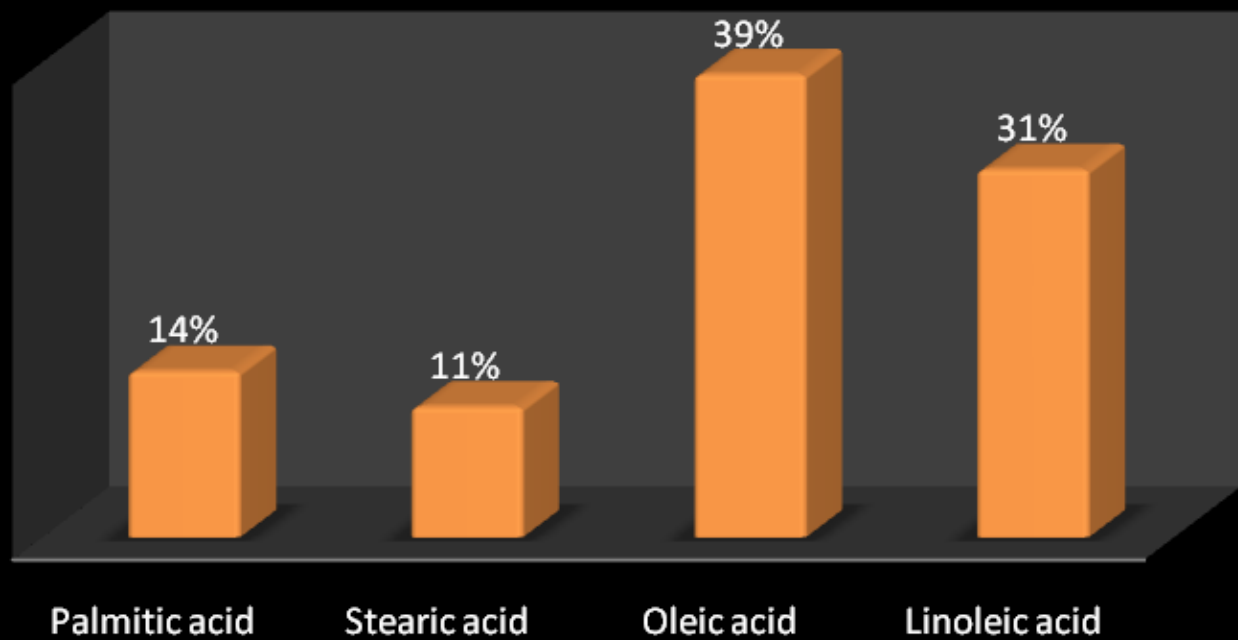
# Nutmeg oil



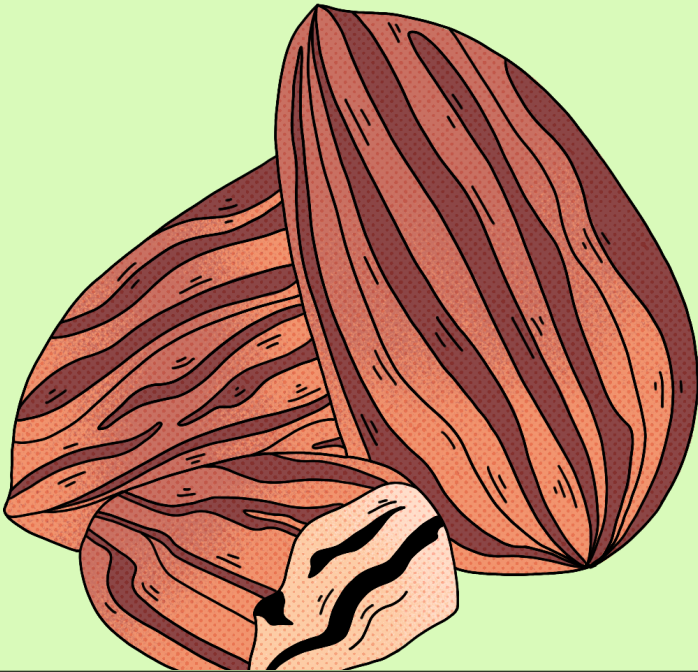
# Brazil nut oil



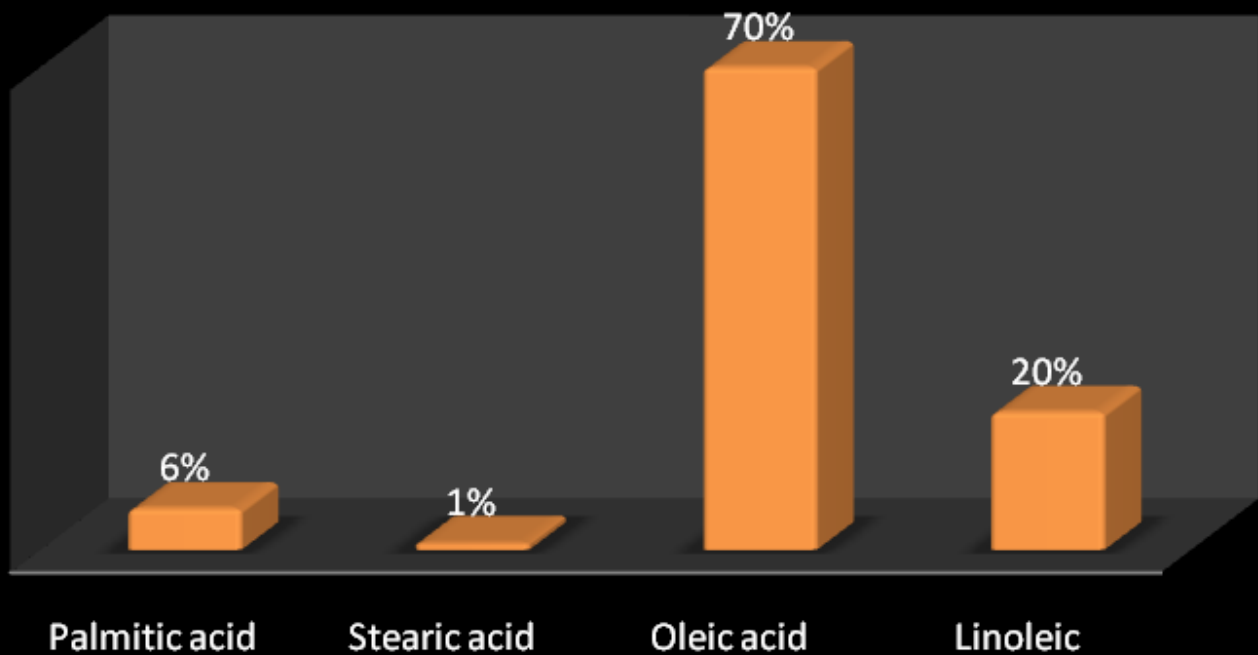
Brazil nut oil



# Almond nut oil



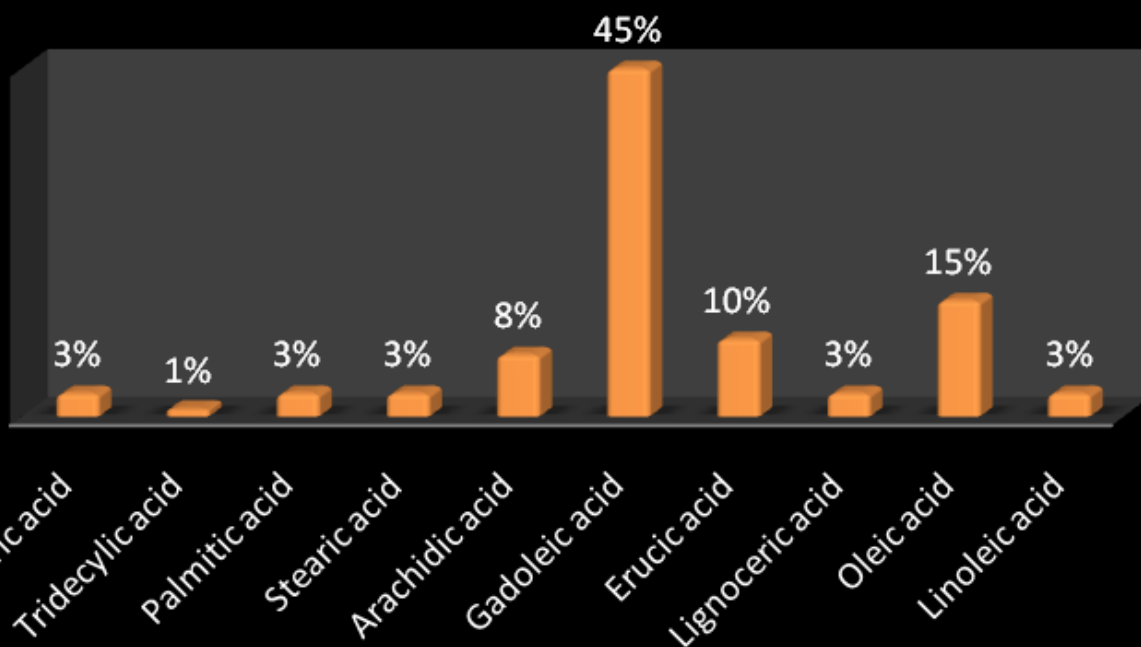
Almond nut oil



# Jojoba seed oil



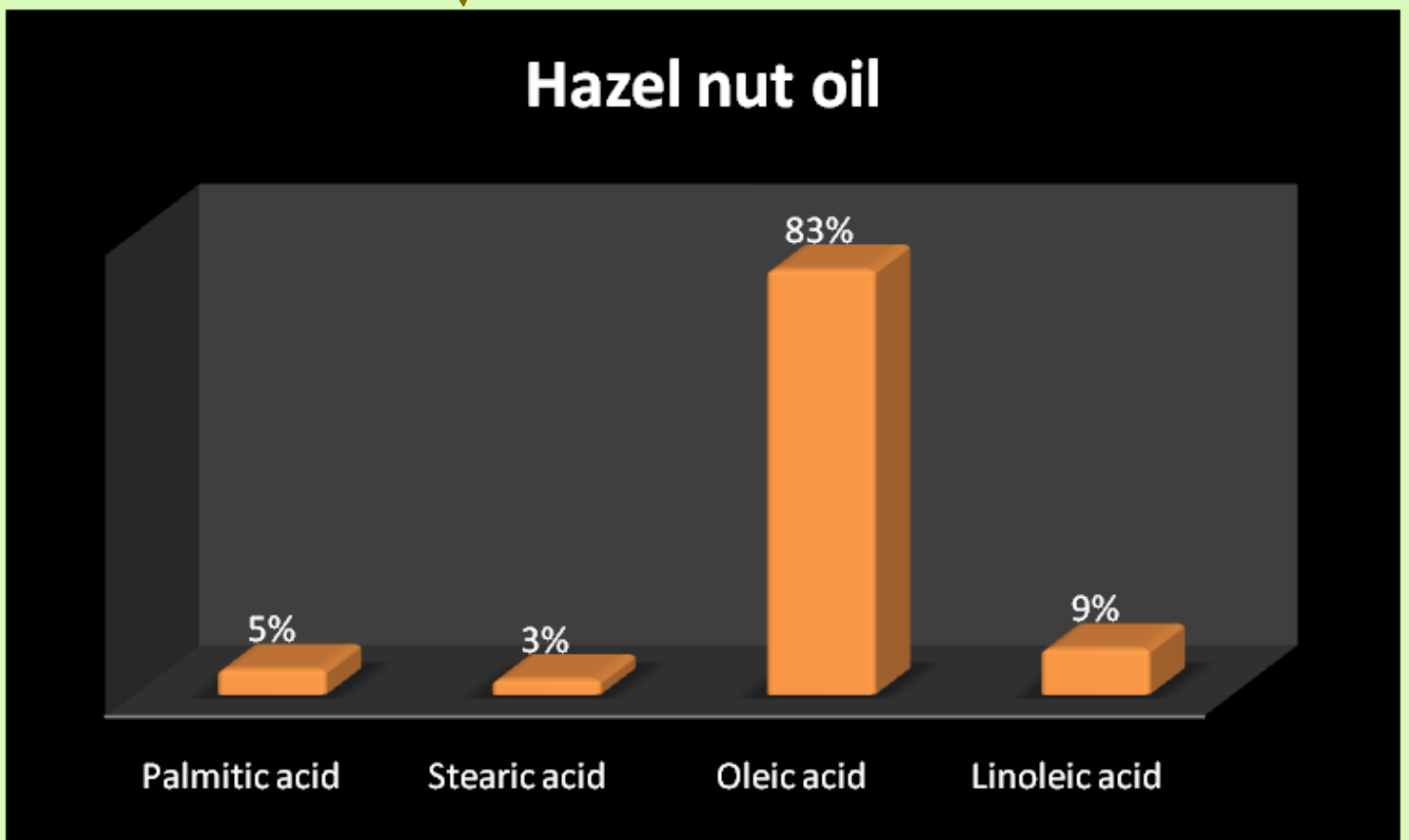
Jojoba seed oil



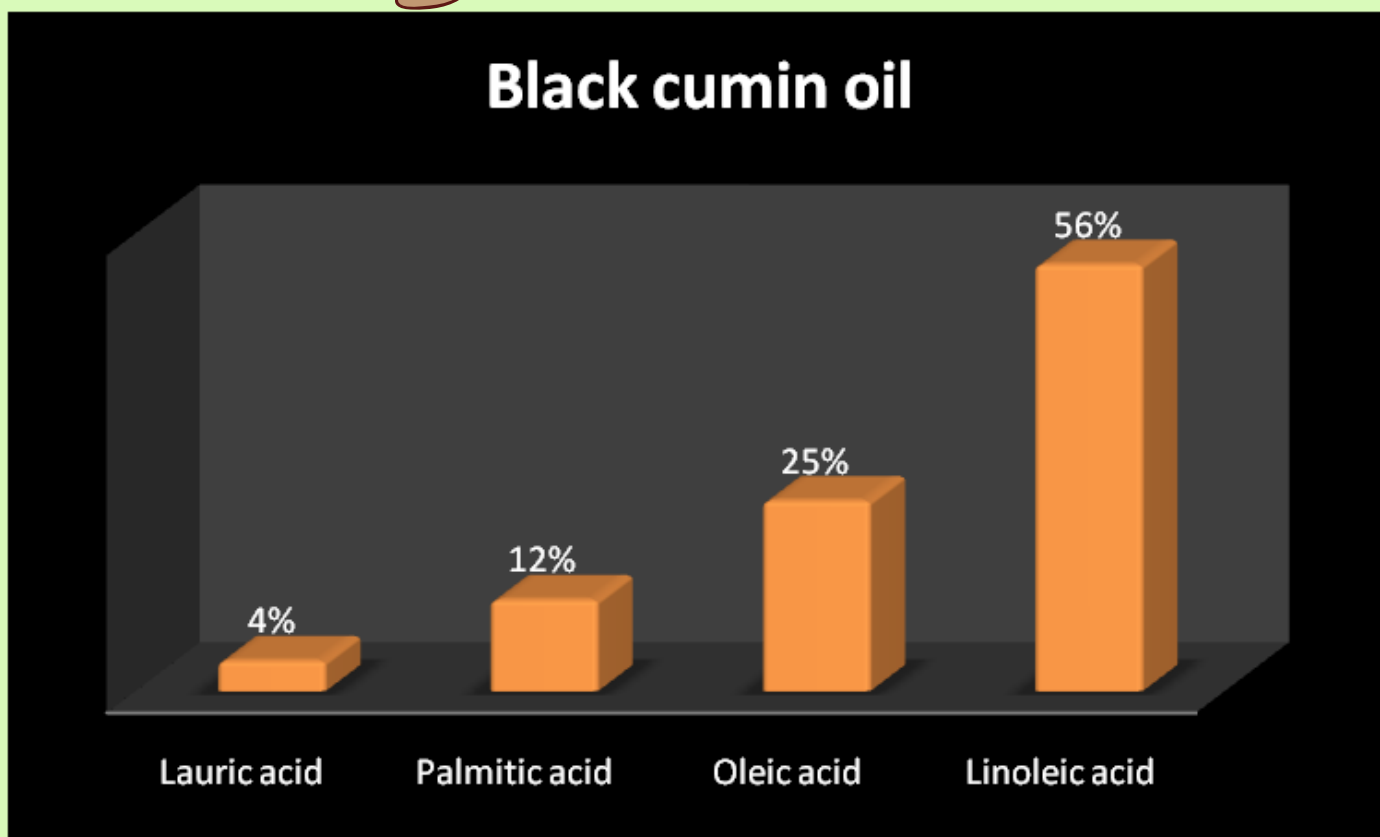




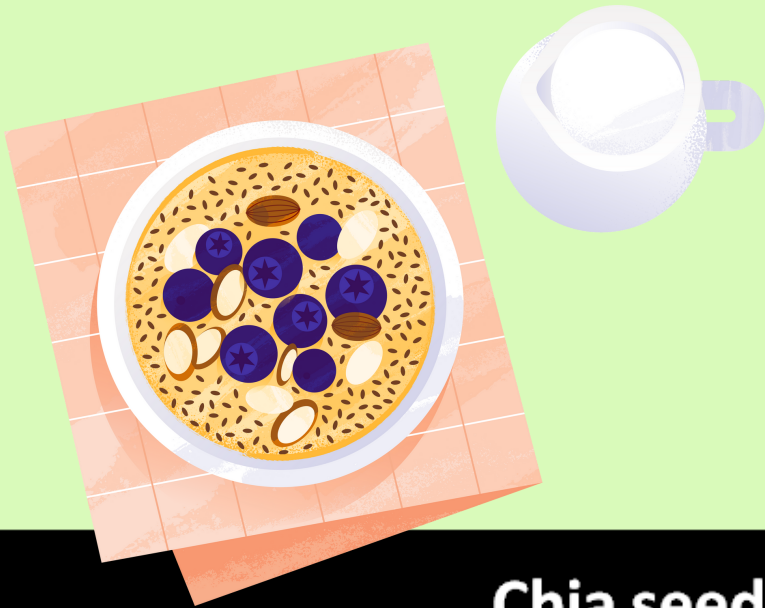
# Hazelnut oil



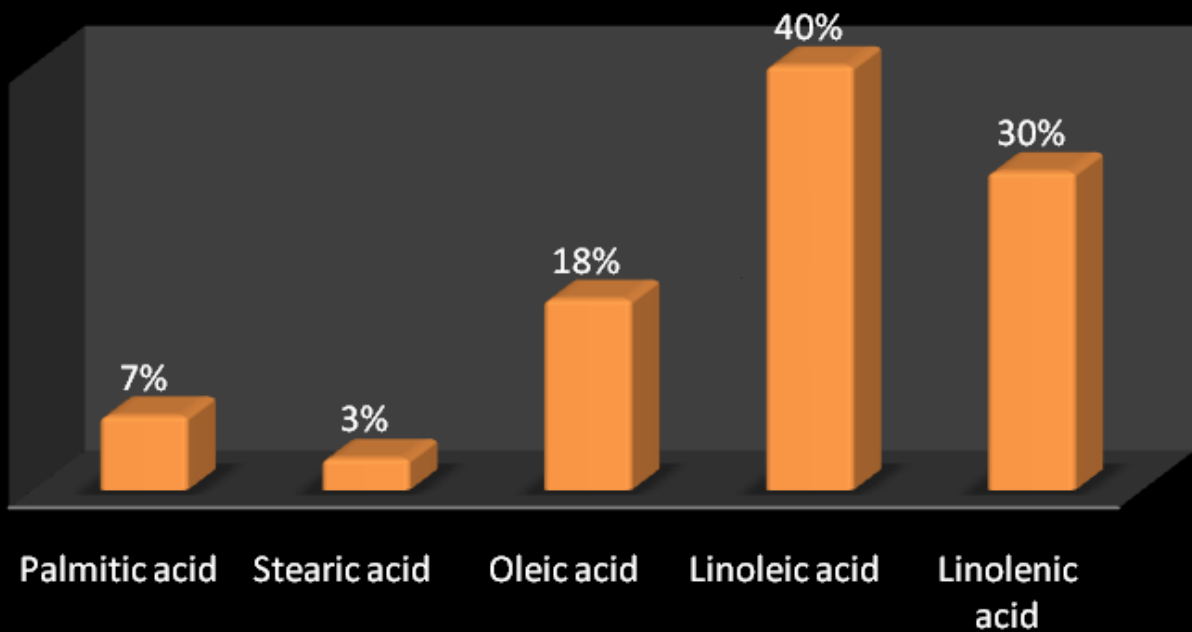
# Black cumin oil



# Chia seed oil



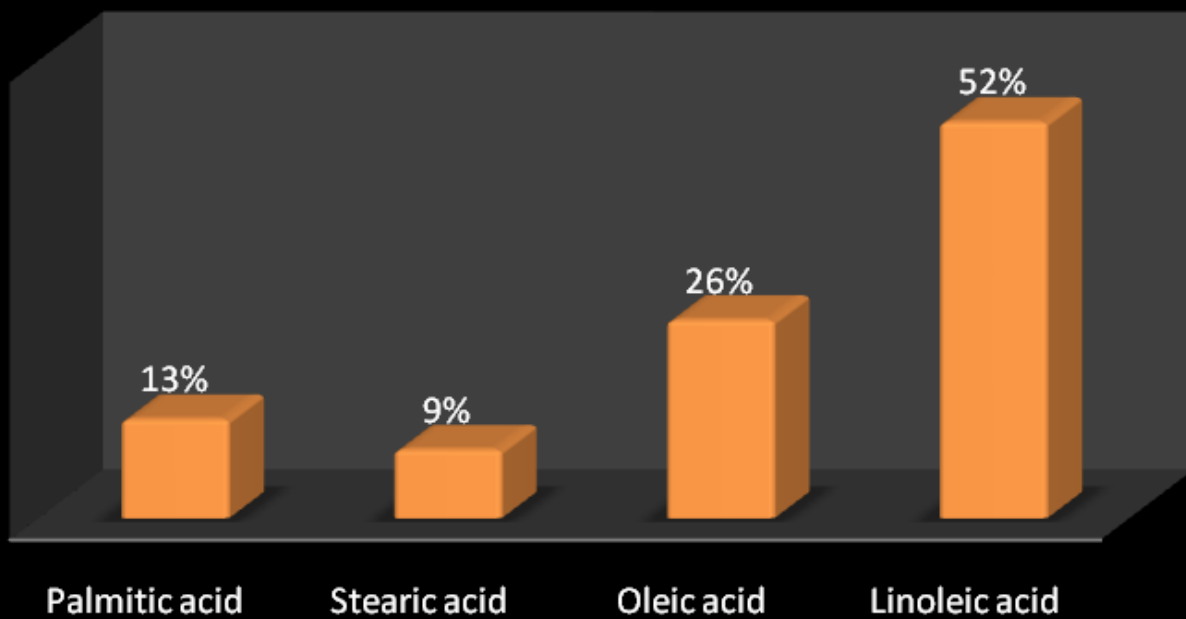
Chia seed oil



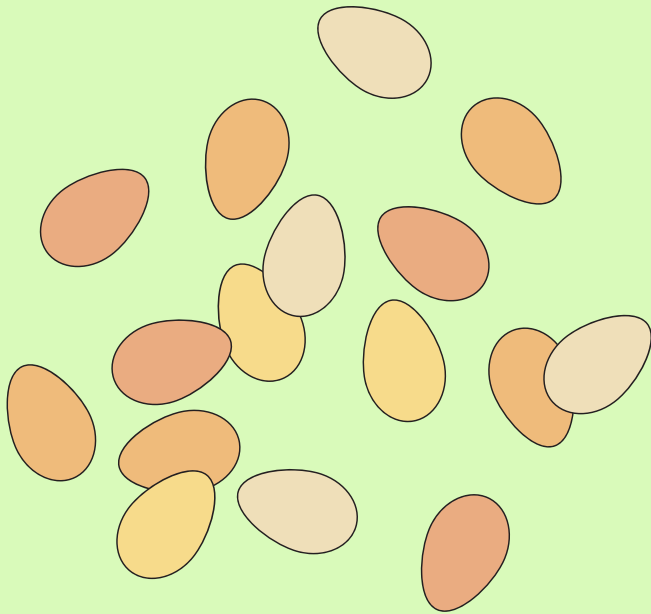
# Pumpkin seed oil



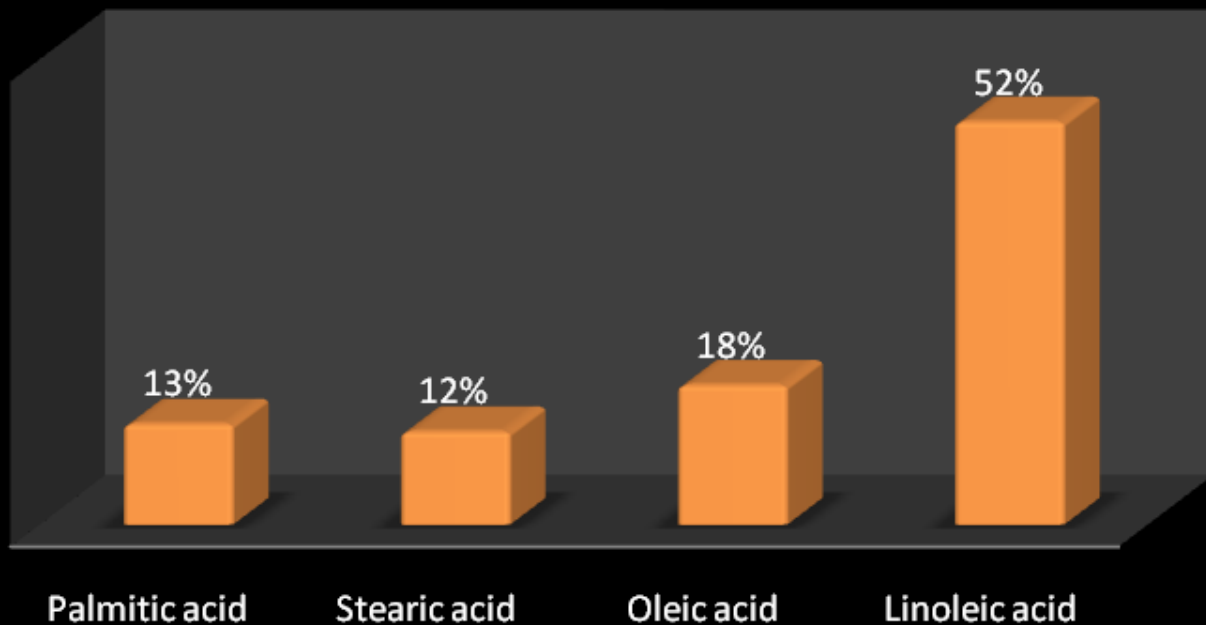
Pumpkin seed oil



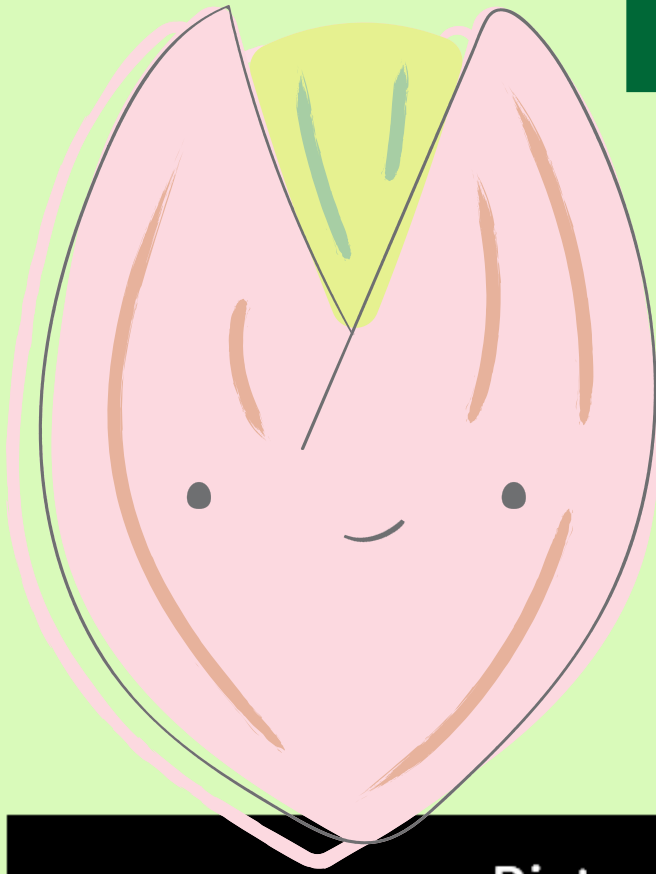
# Cotton seed oil



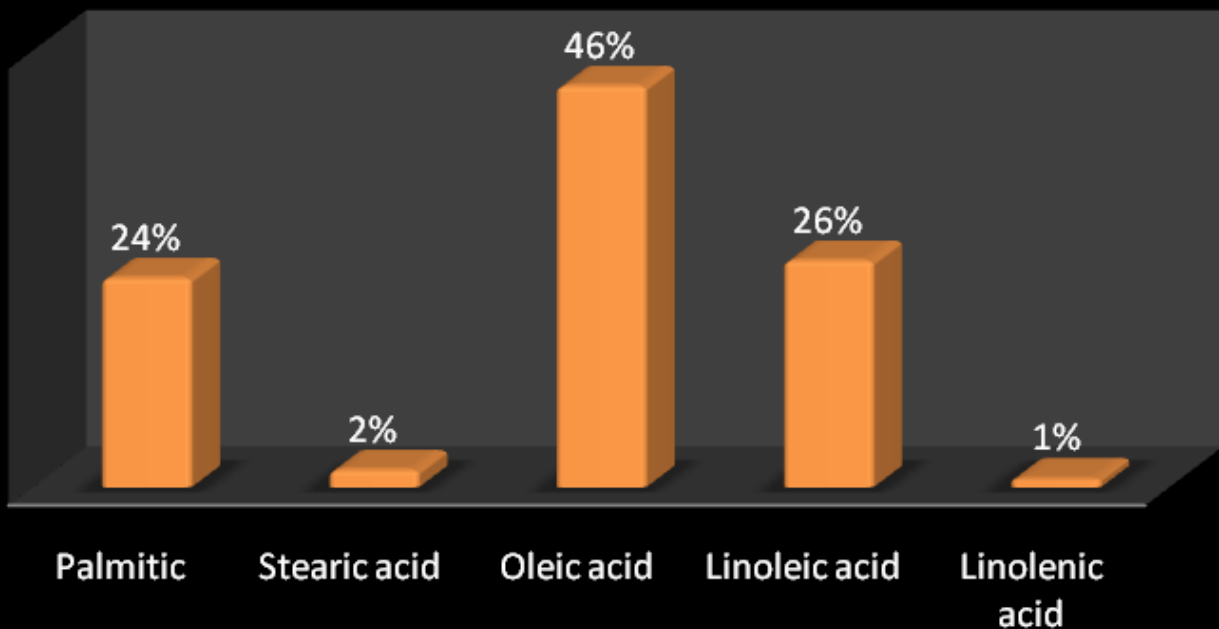
Cotton seed oil



# Pistachio nut oil



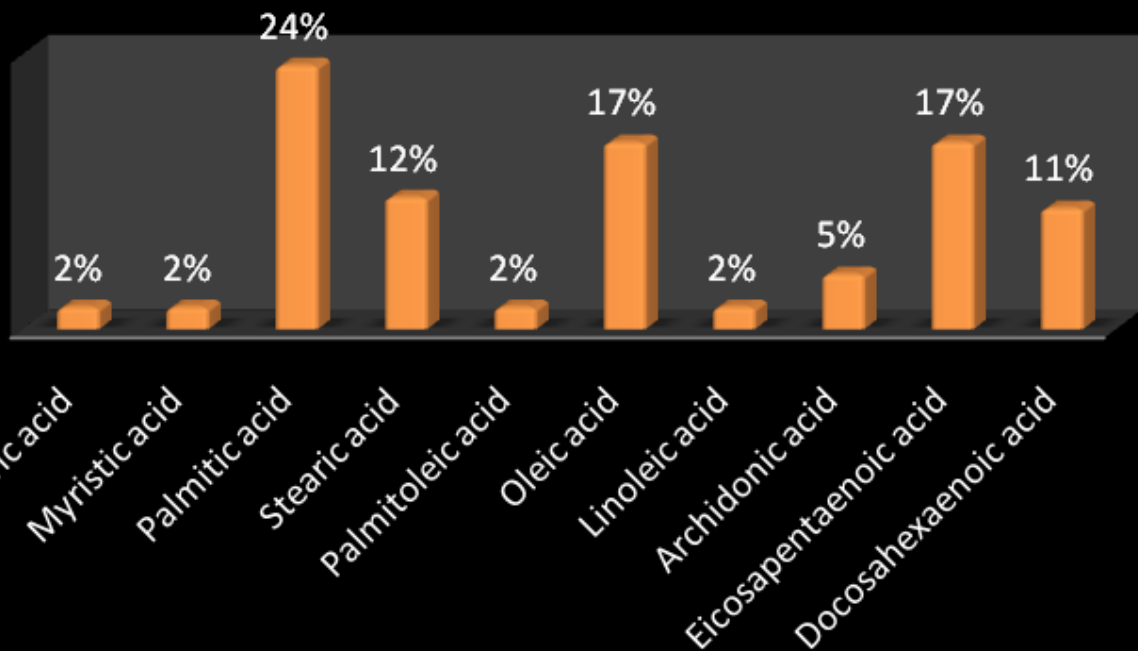
Pistachio nut oil



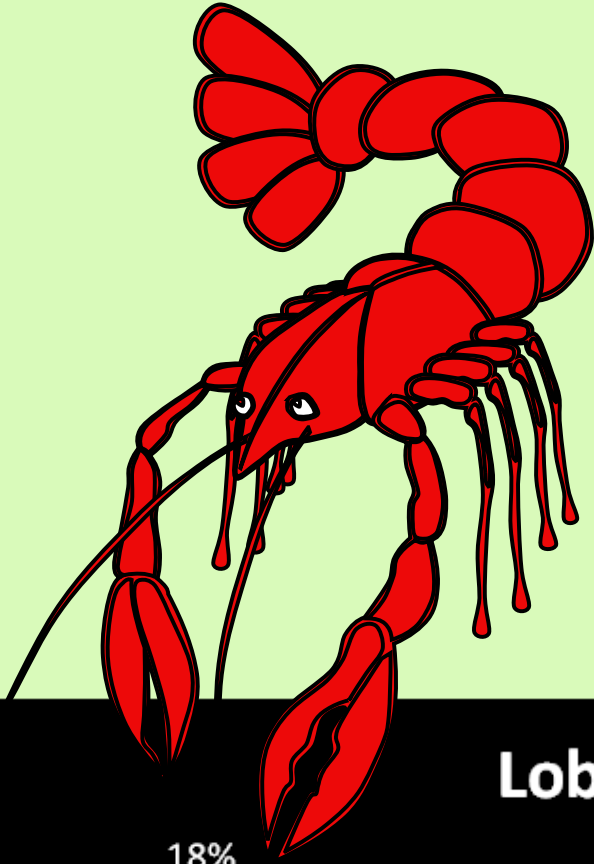
# Crab fat



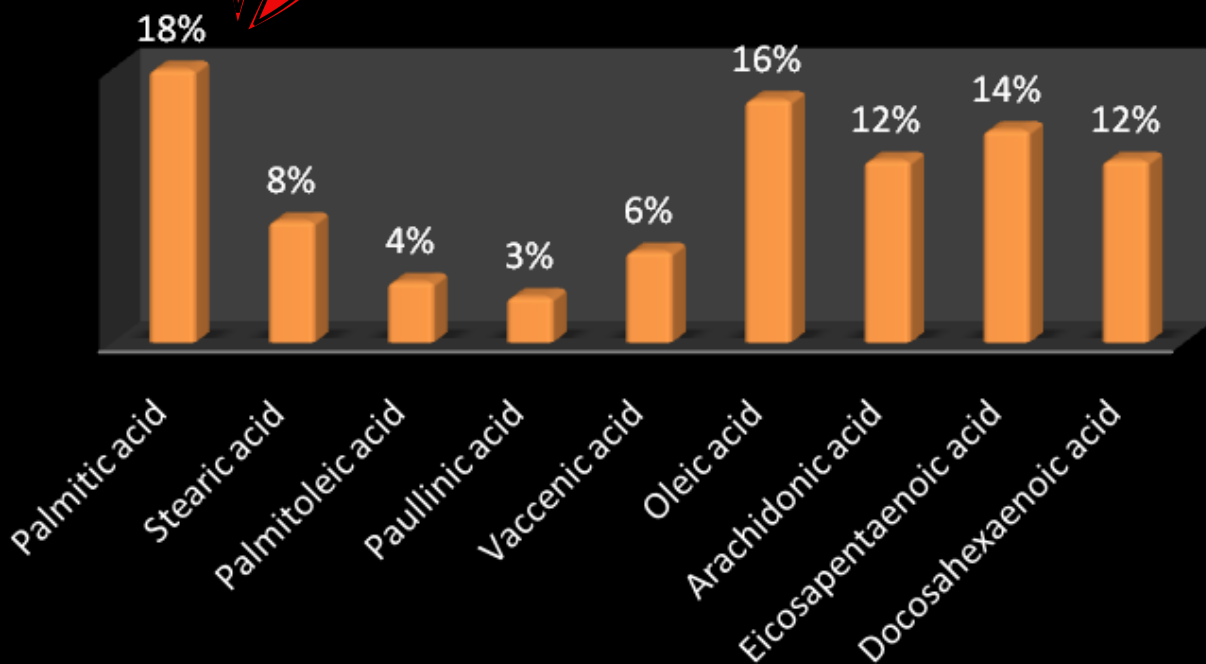
Crab fat



# Lobster fat

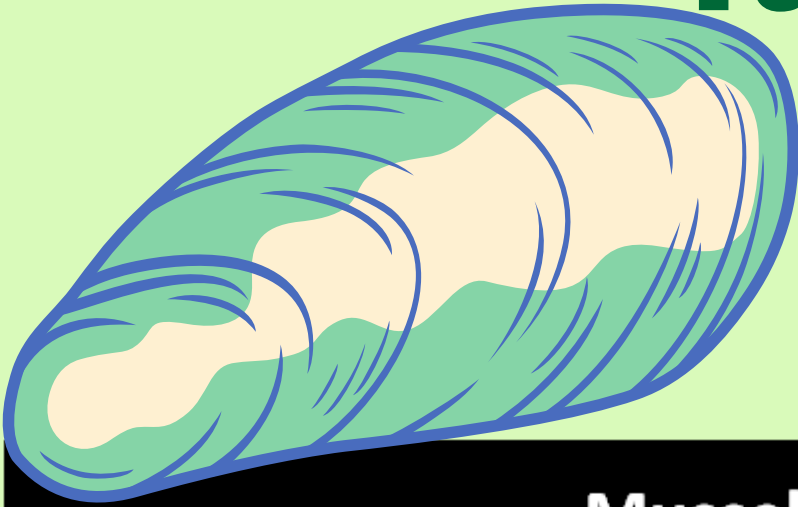


Lobster fat





# Mussel fat



Mussel fat

