

Powdered plant oils

	Product name	Fat content (%)	Lactose	Trans fats <0.5=0	CWD	Fatty acids
<input type="radio"/>	Linseed oil	48-52	—	•	•	C18:3 ALA (PUFA) Omega-3 > 25%
<input type="radio"/>	Soybean oil	48-52	—	•	•	C18:2 LA (PUFA) Omega-6 > 25%
<input type="radio"/>	Sunflower oil with a high oil content	48-52	—	•	•	C18:1 OA (MUFA) Omega-9 > 40%
<input type="radio"/>	Canola oil	48-52	—	•	•	Omega-9 OA > 28% (MUFA) Omega-6 LA > 8% (PUFA) Omega-3 ALA > 4% (PUFA)
<input type="radio"/>	Blend of Omega vegetable oils	48-52	—	•	•	18:3 ALA (PUFA) Omega-3 25% 18:1 OA (MUFA) Omega-9 9% 18:2 LA (PUFA) Omega-6 7%
<input type="radio"/>	Avocado oil	55-65	—	•	•	C18:1 OA (MUFA) Omega-9 27-45% C18:2 LA (PUFA) Omega-6 3-15%