

Fat content and fatty acid composition of seeds and seed oils

Note that content and composition can vary widely with variety and growing conditions. Where sources vary, average values are given.

Seed	Fat Content (%)	Fatty acids (% total oil)						Notes	Fatty acids (% whole seed)						Seed			
		18:3w3 linolenic	18:2w6 linoleic	of which GLA	18:1w9 oleic	18:0	16:0		18:3w3 linolenic	18:2w6 linoleic	of which GLA	18:1w9 oleic	18:0	16:0				
almond	54		17		78	5				9.2		42.3	2.7		almond			
avocado (seed?)	12		10		70	20				1.2		8.4	2.4		avocado (seed?)			
avocado (flesh)										<u>1.4</u>		<u>26.5</u>	<u>35.9</u>		avocado (flesh)			
beech	50		32		54	8				16.0		27.0	4.0		beech			
brazil	67		24		48	24				16.1		32.1	16.1		brazil			
calendula (marigold)										<u>2.7</u>		<u>13.8</u>	<u>5.8</u>		calendula (marigold)			
cashew	42		6		70	18				2.5		29.2	7.5		cashew			
chia	30	30	40							9.0		12.0			chia			
coconut	35		3		6		91					1.1		32.1	coconut			
corn	4		59		24	17						2.4	1.0	0.7	corn			
cottonseed	40		50		21	25		toxin risk				20.0	8.4	10.0	cottonseed			
evening primrose	17		81	9	11	2	6					13.8	1.5	1.9	0.3	1.0	evening primrose	
fig								oil not available		<u>13.0</u>		<u>9.5</u>	<u>5.4</u>		fig			
filbert	62		16		54	5						10.0	33.7	3.1	filbert			
flax (linseed)	35	58	14		19	4	5					20.3	4.9	6.7	1.4	1.8	flax (linseed)	
grape	20		71		17	12						14.2	3.4	2.4		grape		
hemp (cannabis)	35	20	60	23	12	2	6	drug traces		7.0		21.0	8.1	4.2	0.7	2.1	hemp (cannabis)	
hickory	69		17		68	9						11.7		46.7	6.2		hickory	
kukui (candlenut)	30	29	40									8.7		12.0			kukui (candlenut)	
macadamia	72		10		71	12						7.2		50.8	8.6		macadamia	
neem	40	1	20		41	20		bitter		0.4		8.0		16.4	8.0		neem	
olive	20		8		76	16						1.6		15.2	3.2		olive	
palm kernel	35		2		13		85					0.7		4.6		29.8	palm kernel	
peanut (groundnut)	48		29		47	18		fungus risk				13.9		22.6	8.6		peanut (groundnut)	
pecan	71		20		63	7						14.2		44.7	5.0		pecan	
perilla		55															perilla	
pistachio	54		19		65	9						10.3		35.1	4.9		pistachio	
pumpkin	47	8	50		34	0	9					3.8		23.5	16.0	0	4.2	pumpkin
rape (canola)	30	7	30		54	7		5% erucic acid		2.1		9.0		16.2	2.1			rape (canola)
rice bran	10	1	35		48	17				0.1		3.5		4.8	1.7			rice bran
safflower	60	3	75		13	12				1.6		45.0		7.8	7.2			safflower
sesame	49		45		42	13						22.1		20.6	6.4			sesame
soybean	18	7	50		26	6	9			1.3		9.0		4.7	1.1	1.6		soybean
starflower (borage)				22														starflower (borage)
sunflower	47		65		23	12						30.6		10.8	5.6			sunflower
walnut	60	6	51		28	5	11			3.6		30.6		16.8	3.0	6.6		walnut
wheatgerm	11	5	50		25	18				0.6		5.5		2.8	2.0			wheatgerm

Numbers underlined indicate that figures for % total oil not available.