

# The Cooking Oil Comparison Chart

All oils contain a variety of fatty acids. Focus on the prominent ones. Learn more: <http://bit.ly/oilchart>



**Border Colors**

- Green** High in Omega-3 (Good!)
- Blue** High in Monounsaturated Fats (Good!)
- Gold** High in "Bad" Saturated or Trans Fats
- Red** High in Omega-6 (Bad!)
- Gray** is neutral/meaningless

**Background Colors**

- Orange** Genetic Modification and/or Environmental Concerns
- Blue** Store in the refrigerator
- Gray** is neutral/meaningless