

| Type Vegetable oils | Processing Treatment | Saturated Fatty acids | Monounsaturated fatty acids | | Polyunsaturated fatty acids | | | Smoke point |
|---|-----------------------------|------------------------------|------------------------------------|-----------------------------|------------------------------------|---------------------------------|--------------------------------|---------------------------------------|
| | | | Total mono^[7] | Oleic acid (Omega 9) | Total poly | linolenic acid (Omega 3) | Linoleic acid (Omega 6) | |
| Avocado | | 11.560 | 70.554 | | 13.486 | 1 | 12.5 | 249 °C (480 °F)^[8] |
| Canola^[9] | | 6.8 | 65.3 | 64.1 | 27.9 | 9.2 | 18.7 | 238 °C (460 °F)^[10] |
| Coconut | | 91.000 | 6.000 | 6 | 3.000 | | 2 | 175 °C (347 °F)^[10] |
| Corn^[11] | | 12.948 | 27.576 | 28 | 54.677 | 1 | 58 | 232 °C (450 °F) |
| Cottonseed | | 25.900 | 17.800 | 19 | 51.900 | 1 | 54 | 216 °C (420 °F)^[11] |
| Flaxseed/Linseed (European)^[12] | | 7.500 | 15.500 | 11 | 79.000 | 64 | 15 | 107 °C (225 °F) |
| Olive | | 14.000 | 72.000 | | 14.000 | 1.5 | 15 | 193 °C (380 °F)^[10] |
| Palm | | 49.300 | 37.000 | 40 | 9.300 | | 10 | 235 °C (455 °F) |
| Peanut^[9] | | 20.3 | 48.1 | 46.5 | 31.5 | | 31.4 | 232 °C (450 °F)^[11] |
| Safflower (>70% linoleic) | | 8.000 | 15.000 | | 75.000 | | | 212 °C (414 °F)^[10] |
| Safflower (high oleic) | | 7.541 | 75.221 | | 12.820 | | | 238 °C (460 °F)^[14] |
| Soybean | | 15.650 | 22.783 | 24 | 57.740 | 7 | 50 | 238 °C (460 °F)^[11] |
| Sunflower (<60% linoleic) | | 10.100 | 45.400 | 45.3 | 40.100 | 0.2 | 39.8 | 227 °C (440 °F)^[11] |
| Sunflower (>70% oleic) | | 9.859 | 83.689 | | 3.798 | | | 227 °C (440 °F)^[11] |
| Cottonseed | Hydrogenated | 93.600 | 1.529 | | 0.587 | | 0.287 | |
| Palm (hydrogenated) | Hydrogenated | 47.500 | 40.600 | | 7.500 | | | |
| Soybean | Hydrogenated | 21.100 | 73.700 | | 0.400 | 0.096 | | |

Values as percent (%) by weight of total fat.

Source: Wikipedia