

OILS COMPARISON CHART

Cooking Oils	OSI*	Health [% fat]					Application
		Oleic	Linoleic	Linolenic	Sat	Trans	[Uses]
High Oleic Sunflower	17	83			8	9	
Omega-9 Canola	17	74			17	27	
Olive	12	75			9	15	
NuSun® Sunflower	10	65			26	9	
Canola	7	62			21	10 7	
Peanut	9	48			32	20	
Palm	23	39	10		51		
Corn	10	29			57	1 13	
Soybean	6	23			54	8 15	
Cottonseed	10	19			54	27	
Coconut	11	3	6		91		

- Frying
 - Dressings
 - Sautéing
 - Spreads
 - Baking
 - Par-frying
 - Cooking
 - Spray Applications
 - Grill Oil
 - Sauces
 - Shortenings

= Good Fat
 = Bad Fat

*According to the American Oil Chemist Society (AOCS), the Oil Stability Index (OSI) is the point of maximum change in an oil or fat's rate of oxidation under standard conditions. In other words, the OSI determines the relative resistance of an oil or fat to oxidation and can be an indicator of the length of shelf life or fry life for that fat or oil.

Note: fatty acid profiles may vary slightly.
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