

HOW DO COOKING OILS COMPARE?

More
healthy fats



Less heat-
stable



Dietary Fat



% Monounsaturated Fat



% Saturated Fat



% Polyunsaturated Fat

Zero Acre oil	93		4	3
Olive oil	72	17		9-27
Avocado oil	71	14		14-21
Canola oil	64	7		29
Peanut oil	46	17		37
Rice bran oil	38	25		37
Corn oil	25	13		62
Soybean oil	23	15		62
Sunflower oil	21	11		68
Grapeseed oil	18	10		72
Coconut oil	6	92		2

Zero Acre oil contains more than **90% heart-healthy** and **heat-stable** monounsaturated fat and the lowest levels of polyunsaturated fat of common cooking oils.

