

Comparing cooking oils

While cooking oil products are almost completely made up of fat, the proportion of harmful saturated fat to unsaturated fat, which is healthier, can be very different.

Type of oil	Saturated fat (%)	Unsaturated fat (%)
Palm oil	49	51
Rice bran oil	20	80
Peanut oil	17	83
Soya bean oil	16	84
Olive oil	14	86
Sunflower oil	10	90
Canola oil	7	93