

Dietary Sources of Various Fatty Acids

Type of Fat	Food Sources
Polyunsaturated (omega-6) fatty acids	Corn oil Corn oil margarine Cottonseed oil Pumpkin seeds Safflower oil Sesame seeds Soybean oil Walnuts
Polyunsaturated (omega-3) fatty acids	Anchovies Catfish High omega-3 eggs Flaxseed/flax oil Herring Mackerel Salmon Sardines Shrimp Tuna
Monounsaturated (omega-9) fatty acids	Almonds Avocados Canola oil Cashews Peanut butter Peanut oil Peanuts Olive oil Olives
Saturated fatty acids	Bacon Butter Cheesecake Cheese Cream Cream cheese Coconut Coconut oil Half and half Highly marbled steaks Ice cream Palm kernel oil Rib Sausage

<i>Trans</i> unsaturated fatty acids	Commercial baked goods (cookies, cakes, pies) Frozen, breaded foods (chicken nuggets, fish sticks) Frozen French fries Shortening Snack crackers and chips Stick margarines
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Reference: Rosenbloom, C.A. & Coleman, E.J. (2012). *Sports Nutrition: A Practice Manual for Professionals*, (5th ed.). Academy of Nutrition and Dietetics.