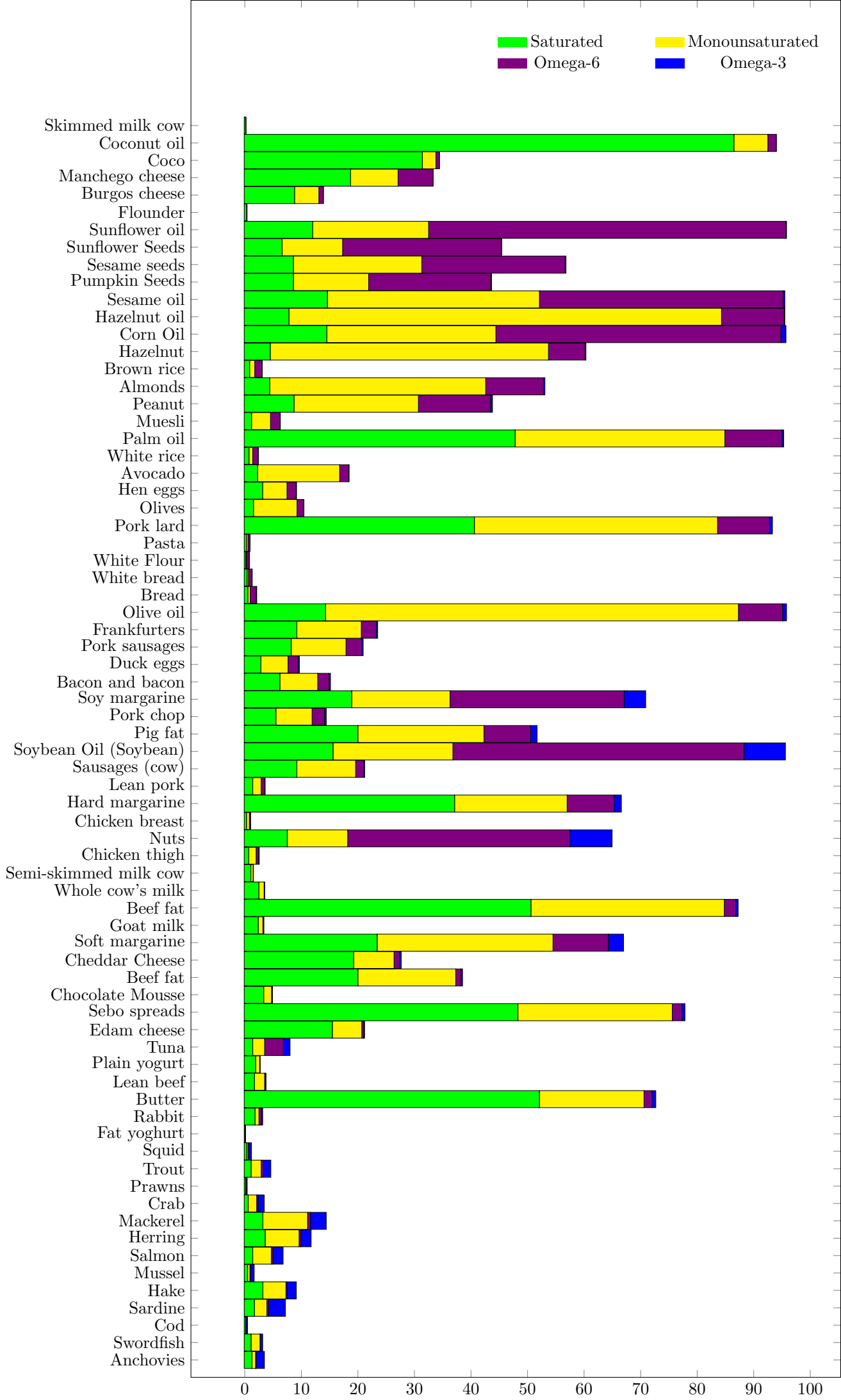
Saturated
Monounsaturated
Omega-6
Omega-3
Skimmed milk cow
Coconut oil
Coco
Manchego cheese
Burgos cheese
Flounder
Sunflower oil
Sunflower Seeds
Sesame seeds
Pumpkin Seeds
Sesame oil
Hazelnut oil
Corn Oil
Hazelnut
Brown rice
Almonds
Peanut
Muesli
Palm oil
White rice
Avocado
Hen eggs
Olives
Pork lard
Pasta
White Flour
White bread
Bread
Olive oil
Frankfurters
Pork sausages
Duck eggs
Bacon and bacon
Soy margarine
Pork chop
Pig fat
Soybean Oil (Soybean)
Sausages (cow)
Lean pork
Hard margarine
Chicken breast
Nuts
Chicken thigh
Semi-skimmed milk cow
Whole cow's milk
Beef fat
Goat milk
Soft margarine
Cheddar Cheese
Beef fat
Chocolate Mousse
Sebo spreads
Edam cheese
Tuna
Plain yogurt
Lean beef
Butter
Rabbit
Fat yoghurt
Squid
Trout
Prawns
Crab
Mackerel
Herring
Salmon
Mussel
Hake
Sardine
Cod
Swordfish
Anchovies
0
10
20
30
40
50
60
70
80
90
100