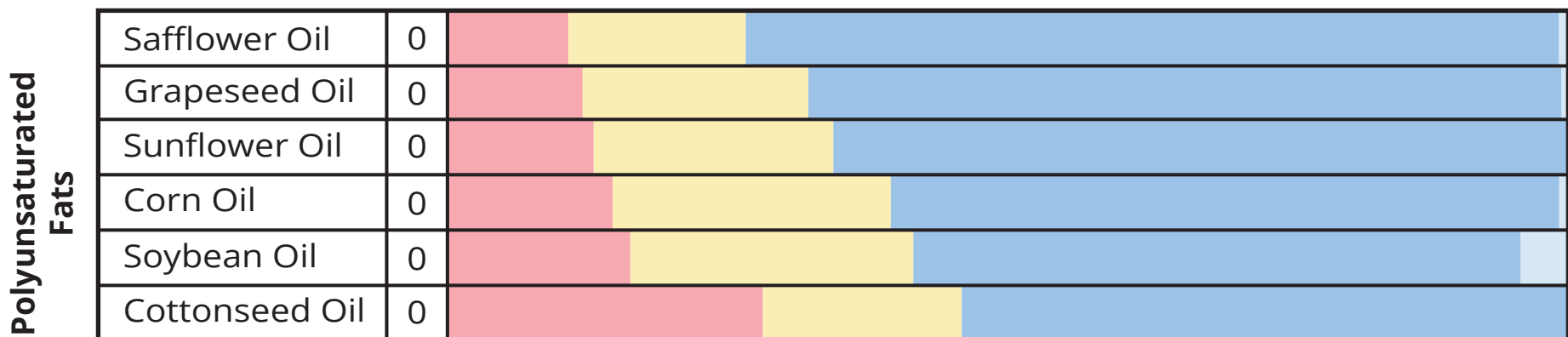
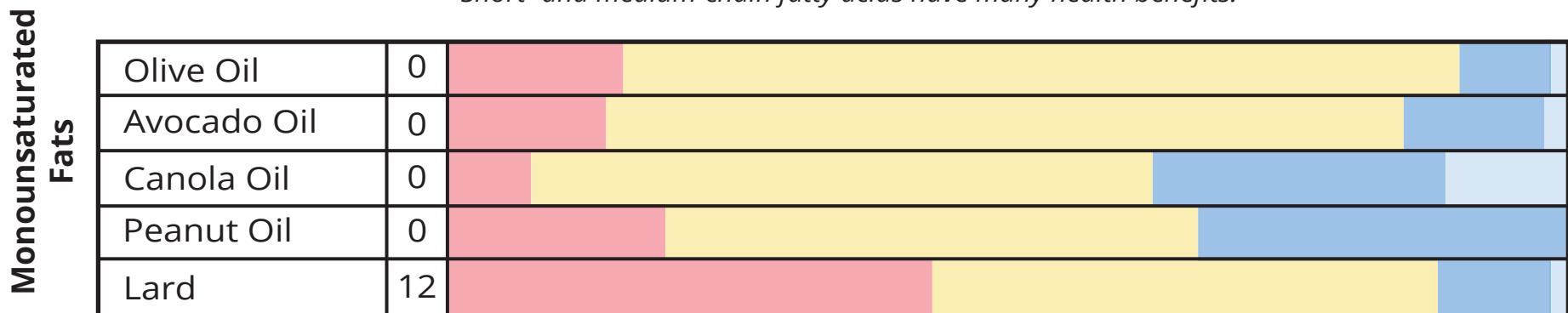


# Fats & Oils Chart



*\*Short- and medium-chain fatty acids have many health benefits.*



## Saturated fats

- Long-chain fatty acids
- Short- & medium-chain fatty acids

## Monounsaturated fats

## Polyunsaturated fats

- Omega-6 Linoleic acid
- Omega-3 Linolenic acid