

CHECK YOUR OIL

	SERVING SIZE	CALORIES	FAT (g)	CALORIES FROM FAT	SATURATED FAT (g)	POLYUNSATURATED FAT (g)	MONOUNSATURATED FAT (g)
Avocado Oil	1 tablespoon	124	14	124	2	2	10
Cottonseed Oil	1 tablespoon	120	14	120	4	7	2
Flaxseed Oil	1 tablespoon	120	14	120	1	9	3
Hazelnut Oil	1 tablespoon	120	14	120	1	1	11
Palm Oil	1 tablespoon	120	14	120	7	1	5
Soybean Oil	1 tablespoon	120	14	120	2	8	3
Bertolli							
Classic Olive Oil	1 tablespoon	120	14	120	2	2	10
Extra Light Olive Oil	1 tablespoon	120	14	120	2	2	10
Extra Virgin Olive Oil	1 tablespoon	120	14	120	2	2	10
California Rice Oil Company							
Rice Bran Cooking & Salad Oil	1 tablespoon	126	14	126	3	5	7
Canola Harvest							
Pure Canola Oil	2 teaspoons	80	9	80	0	2	6
Pure Expeller Canola Oil	2 teaspoons	120	14	120	1	4	9
Colavita							
Extra Virgin Olive Oil	1 tablespoon	120	14	120	2	1	11
Crisco							
Light Olive Oil	1 tablespoon	120	14	120	2	2	10
Natural Blend Oil	1 tablespoon	120	14	120	1	5	7
Pure Canola Oil	1 tablespoon	120	14	120	1	4	8
Pure Corn Oil	1 tablespoon	120	14	120	2	8	4
Pure Olive Oil	1 tablespoon	120	14	120	2	2	10
Pure Peanut Oil	1 tablespoon	120	14	120	2	4	7
Pure Vegetable Oil	1 tablespoon	120	14	120	2	NA	NA
Puritan Canola Oil	1 tablespoon	120	14	120	1	4	8
100% Pure Extra Virgin Olive Oil	1 tablespoon	120	14	120	2	2	10
Cucina Viva Pumpkin Seed Oil	1 tablespoon	120	14	120	4	4	6
Enova Cooking & Salad Oil	1 tablespoon	120	14	120	0	8	5
Hollywood Oil							
Enriched Canola Oil	1 tablespoon	120	14	120	1	4	8
Enriched Expeller Pressed Safflower Oil	1 tablespoon	120	14	120	1	11	2
Enriched Gold Peanut Oil	1 tablespoon	120	14	120	2	5	7
International Collection							
Almond Oil	1 tablespoon	130	14	130	1	4	9
Grapeseed Oil	1 tablespoon	130	14	130	1	10	3
Toasted Sesame Oil	1 tablespoon	130	14	130	2	6	6
Walnut Oil	1 tablespoon	130	14	130	1	10	3
Lehmann Farms							
Canola Oil and Virgin Olive Oil Blend	1 tablespoon	120	14	120	2	1	10
Mazola							
Canola Oil	1 tablespoon	120	14	120	1	4	9
Corn Oil	1 tablespoon	120	14	120	2	8	4
Olive Oil	1 tablespoon	120	14	120	2	2	10
Right Blend	1 tablespoon	120	14	120	1	4	8
Vegetable	1 tablespoon	120	14	120	2	9	3
Pompeian							
Extra Virgin Olive Oil	1 tablespoon	120	14	120	2	2	10
Romulo							
Extra Virgin Olive Oil, Cold Extraction	1 tablespoon	130	14	130	2	NA	NA
Extra Virgin Olive Oil, Unfiltered	1 tablespoon	130	14	130	2	NA	NA
Spectrum Naturals (Expeller Pressed)							
Almond Oil, Refined	1 tablespoon	120	14	120	1	2	10
Canola Oil, Refined	1 tablespoon	120	14	120	1	4	9
Coconut Oil, Organic	1 tablespoon	120	14	120	12	1	1
Corn Oil, Unrefined	1 tablespoon	120	14	120	2	8	4
High Heat Safflower Oil, Organic, Refined	1 tablespoon	120	14	120	1	2	11
Peanut Oil, Unrefined	1 tablespoon	120	14	120	3	5	6
Sesame Oil	1 tablespoon	120	14	120	2	6	6
Wesson							
Best Blend	1 tablespoon	120	14	120	1	6	6
Canola Oil	1 tablespoon	120	14	120	1	3	8
Vegetable Oil	1 tablespoon	120	14	120	2	8	3

Note: To ensure easy readability, nutrient values represented in the table have been rounded to the nearest whole number. We have omitted nutrition information on protein, carbohydrate, sodium, and fiber because oils contain none of these nutrients.