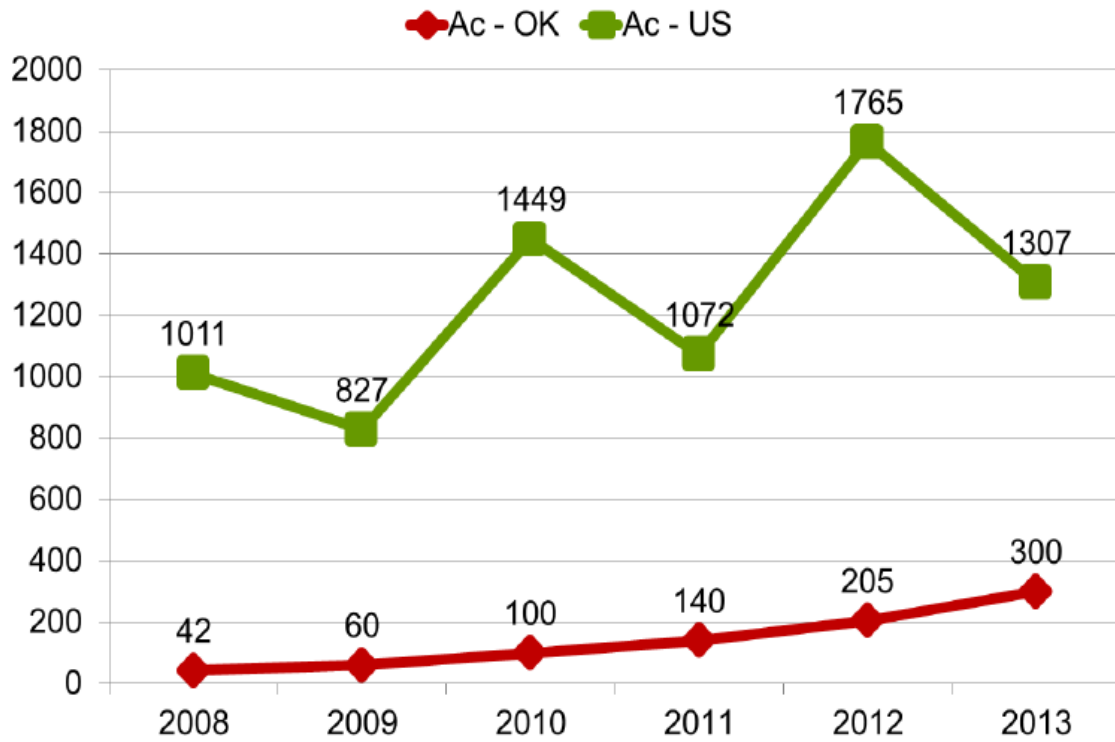


**Graph 1. Canola Production in Oklahoma and US
 Planted Acres – 1000 Ac**



**Table 1.
 Comparison of Dietary Fats**

DIETARY FAT	SATURATED FAT	POLYUNSATURATED FAT	MONOUNSATURATED FAT
Canola oil	7	21	61
Safflower oil	8	14	77
Flaxseed oil	9	16	18
Sunflower oil	12	71	16
Corn oil	13	57	29
Olive oil	15	9	75
Soybean oil	15	54	23
Peanut oil	19	33	48
Cottonseed oil	27	54	19
Lard	43	9	47
Palm oil	51	10	39
Butter	68	3	28
Coconut oil	91	2	7

SATURATED FAT: ■
 POLYUNSATURATED FAT: ■ linoleic acid (an omega-6 fatty acid) ■ alpha-linolenic acid (an omega-3 fatty acid)
 MONOUNSATURATED FAT: ■ oleic acid (an omega-9 fatty acid)

*Trace Fatty acid content normalized to 100%

SOURCE: POS PILOT PLANT CORPORATION