

**Tabla 5. Algunas fuentes comunes de aceite animal y vegetal y sus perfiles de ácidos grasos (%)**

Ácido graso	Anchoa	Arenque	Capelán	Lacha	Gallineta	Grasa de Aves	Canola	Soya
14:00	7.4	6.4	7.9	7.3	4.9	0.9		0.1
16:00	17.4	12.7	11.1	19.0	13.2	21.6	3.1	10.3
16:1n-7	10.5	8.8	11.1	9.0	13.2	5.7		0.2
18:00	4.0	0.9	1.0	4.2	2.2	6.0	1.5	3.8
18:1n-9	11.6	12.7	17.0	13.2	13.3	37.3	60.0	22.8
18:2n-6	1.2	1.1	1.7	1.3	0.9	19.5	20.2	51.0
18:3n-3	0.8	0.6	0.4	0.3	0.5	1.0	12.0	6.8
18:4n-3	3.0	1.7	2.1	2.8	1.1	1.1		
20:1n-9	1.6	14.1	18.9	2.0	17.2	0.1	1.3	0.2
20:4n-6	0.1	0.3	0.1	0.2	0.3			
20:5n-3	17.0	8.4	4.6	11.0	8.0			
22:1n-11	1.2	20.8	14.7	0.6	18.9		1.0	
22:5n-3	1.6	0.8	0.3	1.9	0.6			
22:6n-3	8.8	4.9	3.0	9.1	8.9			
Σ n-6	1.3	1.4	1.8	1.5	1.2	19.6	20.2	51.0
Σ n-3	31.2	17.8	12.2	25.1	19.1	1.0	12.0	6.8

Fuente: NRC (1993)