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# Content of linoleic acid (LA) (18:2 n-6 c,c) in g in 100 grams of foods

List by ECstep.com

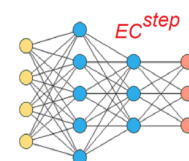
Food item	Amount	kcal	Amt / kcal
USDA Commodity Food, oil, vegetable, low saturated fat	56.601	884	0.0640
Oil, industrial, soy, low linolenic	55.680	900	0.0619
Oil, corn, industrial and retail, all purpose salad or cooking	53.230	884	0.0602
Oil, industrial, soy, refined, for woks and light frying	51.172	884	0.0579
Seeds, sunflower seed kernels, oil roasted, with salt added	34.124	592	0.0576
Seeds, sunflower seed kernels, oil roasted, without salt	34.124	592	0.0576
Oil, industrial, soy, ultra low linolenic	50.849	884	0.0575
Oil, soybean, salad or cooking	50.418	884	0.0570
USDA Commodity Food, oil, vegetable, soybean, refined	50.118	884	0.0567
Salad dressing, mayonnaise, soybean oil, with salt	37.404	718	0.0521
Salad dressing, ranch dressing, commercial, regular	24.887	484	0.0514
Oil, cooking and salad, ENOVA, 80% diglycerides	45.369	884	0.0513
Salad dressing, mayonnaise, light	15.791	324	0.0487
Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	38.944	884	0.0441
Margarine-like, vegetable oil spread, 60% fat, tub, with salt	23.423	533	0.0439
Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	23.423	533	0.0439
Margarine Spread, approximately 48% fat, tub	17.355	424	0.0409
Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	21.123	526	0.0402
Seeds, pumpkin and squash seed kernels, dried	20.667	559	0.0370
Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	32.239	884	0.0365
Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	31.791	884	0.0360
Shortening, industrial, soy (partially hydrogenated ) and corn for frying	30.372	884	0.0344
Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	30.153	884	0.0341
Seeds, pumpkin and squash seed kernels, roasted, without salt	19.559	574	0.0341
Seeds, pumpkin and squash seed kernels, roasted, with salt added	19.559	574	0.0341
Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	20.432	606	0.0337
Fast foods, coleslaw	4.979	153	0.0325
Oil, industrial, mid-oleic, sunflower	28.705	884	0.0325
Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	10.371	339	0.0306
Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	10.371	339	0.0306
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	21.522	717	0.0300
Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	21.522	717	0.0300
Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	21.522	717	0.0300

Margarine, regular, 80% fat, composite, stick, without salt	21.522	717	0.0300
Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	21.038	713	0.0295
Margarine, regular, 80% fat, composite, tub, with salt	21.038	713	0.0295
Margarine-like, margarine-butter blend, soybean oil and butter	20.861	714	0.0292
Noodles, flat, crunchy, Chinese restaurant	14.776	521	0.0284
Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	17.280	628	0.0275
Potato salad with egg	4.307	157	0.0274
Shortening, vegetable, household, composite	23.760	884	0.0269
Restaurant, family style, shrimp, breaded and fried	7.849	294	0.0267
Snacks, corn-based, extruded, chips, plain	13.598	518	0.0263
Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.073	537	0.0262
Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.073	537	0.0262
Oil, corn and canola	22.981	884	0.0260
Frijoles rojos volteados (Refried beans, red, canned)	3.718	144	0.0258
Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	18.400	714	0.0258
Cheese food, pasteurized process, American, imitation, without added vitamin D	6.499	257	0.0253
Snacks, potato chips, made from dried potatoes, reduced fat	11.986	502	0.0239
Nuts, mixed nuts, oil roasted, with peanuts, without salt added	14.455	607	0.0238
Nuts, mixed nuts, oil roasted, with peanuts, with salt added	14.455	607	0.0238
Snack, potato chips, made from dried potatoes, plain	13.290	559	0.0238
Restaurant, Chinese, sweet and sour pork	6.205	270	0.0230
Crackers, standard snack-type, regular	11.480	504	0.0228
Restaurant, family style, chicken fingers, from kid's menu	6.116	270	0.0227
Snacks, tortilla chips, plain, white corn	10.890	489	0.0223
Restaurant, Chinese, lemon chicken	5.026	226	0.0222
Restaurant, Chinese, sweet and sour chicken	5.545	250	0.0222
Restaurant, Chinese, general tso's chicken	6.470	295	0.0219
Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	5.622	260	0.0216
Snacks, plantain chips, salted	11.480	531	0.0216
Fast foods, chicken tenders	6.231	289	0.0216
Restaurant, Chinese, shrimp and vegetables	1.657	78	0.0212
Chicken, nuggets, white meat, precooked, frozen, not reheated	5.451	257	0.0212
Oil, canola	18.640	884	0.0211
Oil, industrial, canola for salads, woks and light frying	18.572	884	0.0210
Nuts, almonds	12.055	575	0.0210
Restaurant, family style, French fries	6.104	292	0.0209

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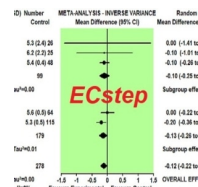


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Restaurant, Chinese, kung pao chicken	2.688	129	0.0208
Bread, pound cake type, pan de torta salvadoran	8.074	390	0.0207
Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	17.734	884	0.0201
Restaurant, Chinese, egg rolls, assorted	4.871	250	0.0195
Fast Foods, Fried Chicken, Skin and breading from all pieces	8.512	437	0.0195
Crackers, cheese, regular	9.250	489	0.0189
Chicken, skin (drumsticks and thighs), raw	8.165	440	0.0186
Pork, fresh, separable fat, raw	11.700	632	0.0185
Salad dressing, ranch dressing, reduced fat	3.626	196	0.0185
Salad dressing, buttermilk, lite	3.626	202	0.0180
Oil, flaxseed, contains added sliced flaxseed	15.679	878	0.0179
Crackers, wheat, regular	8.026	456	0.0176
Chicken, skin (drumsticks and thighs), cooked, braised	7.790	443	0.0176
Tortilla chips, yellow, plain, salted	8.723	499	0.0175
Restaurant, Chinese, beef and vegetables	1.803	105	0.0172
Chicken, skin (drumsticks and thighs), cooked, roasted	7.927	462	0.0172
Ground turkey, 85% lean, 15% fat, raw	3.046	180	0.0169
Pork, fresh, separable fat, cooked	10.300	626	0.0165
Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.339	884	0.0162
Oil, flaxseed, cold pressed	14.246	884	0.0161
Seeds, sunflower seed butter, with salt added	9.723	617	0.0158
Seeds, sunflower seed butter, without salt	9.723	617	0.0158
Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	4.054	258	0.0157
Frankfurter, turkey	3.494	223	0.0157
Garlic bread, frozen	5.317	350	0.0152
Frankfurter, chicken	3.370	223	0.0151
Ground turkey, 93% lean, 7% fat, patties, broiled	3.039	207	0.0147
Edamame, frozen, prepared	1.789	122	0.0147
Ground turkey, 85% lean, 15% fat, patties, broiled	3.640	249	0.0146
Ground turkey, 93% lean, 7% fat, raw	2.185	150	0.0146
Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	12.724	884	0.0144
Oil, industrial, canola, high oleic	12.915	900	0.0144
Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	3.054	213	0.0143
Crackers, whole-wheat	6.063	427	0.0142
Chicken, broilers or fryers, thigh, meat and skin, raw	3.032	219	0.0138
Crackers, wheat, reduced fat	6.146	444	0.0138



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