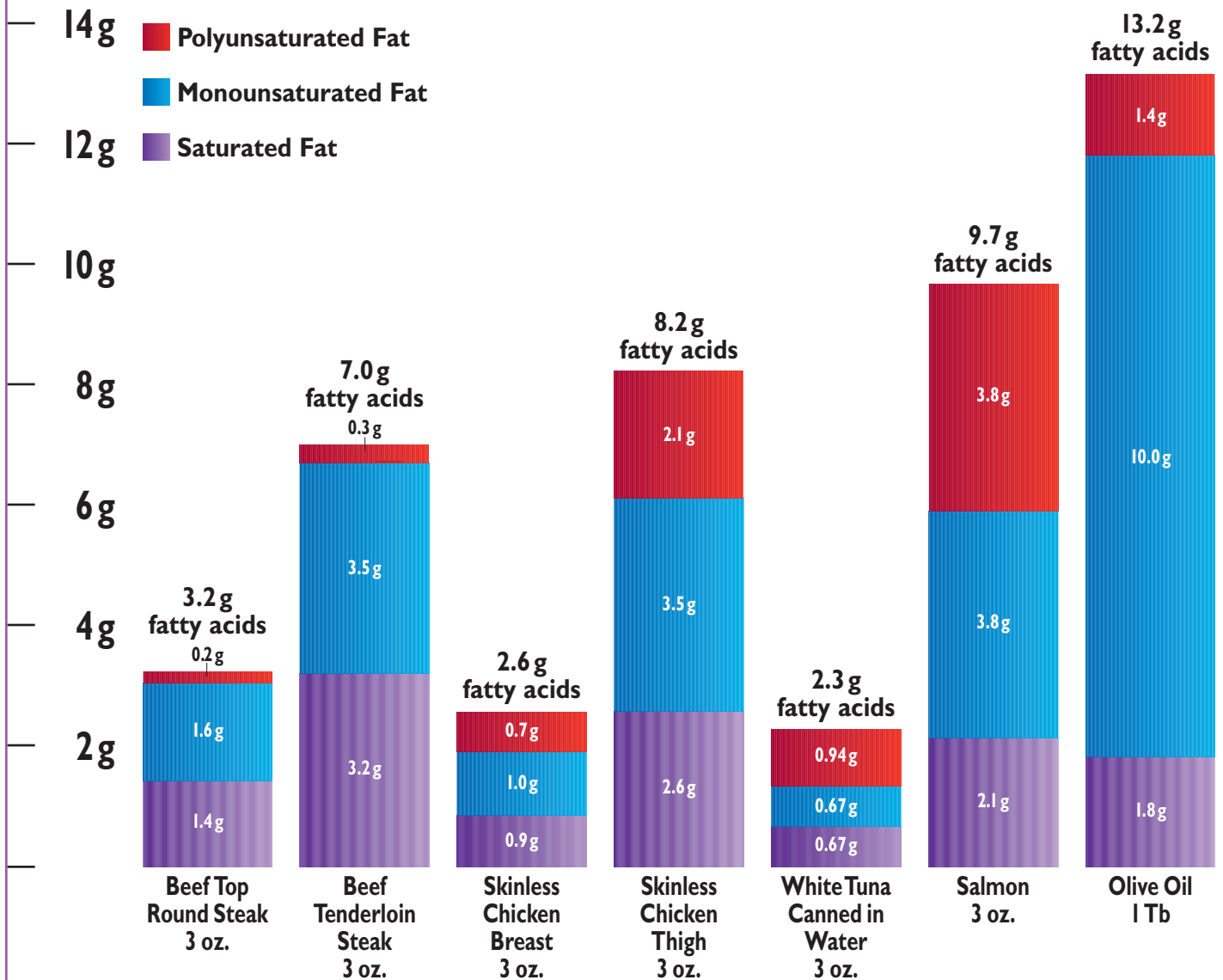


# Fatty Acid Comparisons of Beef, Chicken, Fish and Olive Oil

A common misperception is that the majority of the fatty acids\* in beef are saturated. In fact, half of the fatty acids in beef are monounsaturated, the same type found in olive oil.



\*Total fatty acids include saturated fat, monounsaturated fat and polyunsaturated fat. Total fatty acids do not equal the total fat value because the fat value may include some non-fatty acid material, such as glycerol, phospholipids and sterols.

Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp).