

Essential Fatty Acid Content of Common Oils and Portion Required to meet 4% of Total Calories

| Oil | g EFA/ tsp | Kcal EFA/ tsp | Number of tsp required to provide 4% EFA calories (per 1000 cal) |
|---|-------------------|----------------------|---|
| Almond | 0.9 | 7.8 | 5 |
| Canola | 1.5 | 13.3 | 3 |
| Corn | 2.7 | 24.3 | 1.7 |
| Flaxseed | 3.3 | 29.7 | 1.4 |
| Olive | 0.5 | 4.5 | 8.9 |
| Soybean | 2.9 | 26.0 | 1.5 |
| Sunflower | 3.3 | 29.6 | 1.4 |
| Walnut | 3.2 | 28.8 | 1.4 |
| Wheat germ | 3.1 | 27.9 | 1.4 |
| 100 g oil = 20 teaspoons; 5 g = 1 teaspoon oil | | | |

Used with permission University of Virginia Health System, Nutrition Support Traineeship Syllabus; Charlottesville, VA; Updated July 2010.

From more information, see the April 2011 Practical Gastroenterology article: Nutritional Management of Chyle Leaks: An Update, available at: www.GInutrition.virginia.edu under Articles in Practical Gastroenterology