

List of Fatty Acids Table in 2024

Fatty Acid	C Name	Type	Common Sources
Butyric Acid	C4:0	Saturated	Butter, ghee
Caproic Acid	C6:0	Saturated	Goat's milk, coconut oil
Caprylic Acid	C8:0	Saturated	Coconut oil, palm kernel oil
Capric Acid	C10:0	Saturated	Coconut oil, palm kernel oil
Lauric Acid	C12:0	Saturated	Coconut oil, palm kernel oil
Myristic Acid	C14:0	Saturated	Butter, coconut oil, palm oil
Pentadecanoic Acid	C15:0	Saturated	Dairy fat (milk, butter), some fish oils
Palmitic Acid	C16:0	Saturated	Palm oil, meat, dairy products
Margaric Acid	C17:0	Saturated	Dairy fats
Stearic Acid	C18:0	Saturated	Meat, cocoa butter, dairy products
Arachidic Acid	C20:0	Saturated	Peanut oil, corn oil, cocoa butter
Behenic Acid	C22:0	Saturated	Peanut oil, rapeseed oil

Lignoceric Acid	C24:0	Saturated	Peanut oil, wood tar
Palmitoleic Acid	C16:1	Monounsaturated (Omega-7)	Macadamia nuts, sea buckthorn oil
Oleic Acid	C18:1	Monounsaturated (Omega-9)	Olive oil, avocados, nuts
Vaccenic Acid	C18:1	Monounsaturated (Omega-7)	Butterfat, ruminant fats, some plant oils
Elaidic Acid	C18:1	Trans Fatty Acid	Partially hydrogenated oils
Eicosenoic Acid	C20:1	Monounsaturated (Omega-9)	Joboba oil, rapeseed oil
Erucic Acid	C22:1	Monounsaturated (Omega-9)	Rapeseed oil, mustard oil
Nervonic Acid	C24:1	Monounsaturated (Omega-9)	Seed oils, fish oils
Linoleic Acid (LA)	C18:2	Polyunsaturated (Omega-6)	Vegetable oils (sunflower, safflower, corn oil), nuts
Alpha-Linolenic Acid (ALA)	C18:3	Polyunsaturated (Omega-3)	Flaxseeds, chia seeds, walnuts, canola oil
Gamma-Linolenic Acid (GLA)	C18:3	Polyunsaturated (Omega-6)	Evening primrose oil, borage oil, black currant seed oil

Stearidonic Acid (SDA)	C18:4	Polyunsaturated (Omega-3)	Some fish oils, hemp seed oil, echium seed oil
Arachidonic Acid (AA)	C20:4	Polyunsaturated (Omega-6)	Meat, eggs, dairy products
Eicosapentaenoic Acid (EPA)	C20:5	Polyunsaturated (Omega-3)	Fatty fish (salmon, mackerel, sardines)
Docosapentaenoic Acid (DPA)	C22:5	Polyunsaturated (Omega-3)	Fish oils, marine oils
Docosahexaenoic Acid (DHA)	C22:6	Polyunsaturated (Omega-3)	Fatty fish (salmon, mackerel, sardines)