

### Table of Nuts

(grams fatty acids per 100 grams nut)

Fatty Acids		Acorns	Almond	Beechnut	Brazilnut	Butternut	Cashew	Chestnut	Coconut	Ginkgo nut
<b>Common Name</b>	<b>Saturated</b>									
Caproic acid	6:0								0.19	
Caprylic acid	8:0						0.02		2.35	
Capric acid	10:0						0.02		1.86	
Lauric acid	12:0						0.02		14.86	
Myristic acid	14:0			0.06			0.02	0.01	5.87	0.01
Palmitic acid	16:0	2.85	3.2	3.57	9.1	0.9	3.92	0.21	2.84	0.29
Margaric acid	17:0				0.05		0.05			
Stearic acid	18:0	0.25	0.68	1.18	5.79	0.43	3.22	0.01	1.73	0.02
Arachidic acid	20:0				0.16		0.27			
Behenic acid	22:0						0.17			
Lignoceric acid	24:0						0.1			
<b>Total</b>		<b>3.1</b>	<b>3.88</b>	<b>4.81</b>	<b>15.09</b>	<b>1.3</b>	<b>7.81</b>	<b>0.23</b>	<b>29.7</b>	<b>0.32</b>
	<b>Monounsaturated</b>									
Palmitoleic acid	16:1		0.23	0.29	0.23		0.14	0.01		0.08
	17:1				0.04					
Oleic acid	18:1	15.11	31.9	18.85	24.22	10.35	23.52	0.41	1.43	0.51
Gadoleic acid	20:1			2.76	0.05		0.14	0.01		0.01
Erucic acid	22:1									
<b>Total</b>		<b>15.11</b>	<b>32.13</b>	<b>21.9</b>	<b>24.54</b>	<b>10.35</b>	<b>23.8</b>	<b>0.43</b>	<b>1.43</b>	<b>0.60</b>
	<b>Polyunsaturated</b>									
	<b>Omega 6</b>									
Linoleic acid	18:2n6	4.6	12.21	18.39	20.54	33.73	7.78	0.44	0.37	0.58
Gamma linolenic acid	18:3n6									
	20:2n6									
	Total n6	4.6	12.21	18.39	20.54	33.73	7.78	0.44	0.37	0.58
	<b>Omega 3</b>									
Alpha linolenic acid (ALA)	18:3n3			1.7	0.04	8.72	0.06	0.05		0.02
	Total n3	0	0	1.7	0.04	8.72	0.06	0.05	0	0.02
<b>Total Poly</b>		<b>4.6</b>	<b>12.21</b>	<b>20.09</b>	<b>20.58</b>	<b>42.45</b>	<b>7.84</b>	<b>0.49</b>	<b>0.37</b>	<b>0.60</b>
	<b>Ratio n6/n3</b>	<b>no n3</b>	<b>no n3</b>	<b>10.8</b>	<b>513.5</b>	<b>3.9</b>	<b>129.7</b>	<b>8.8</b>	<b>no n3</b>	<b>29.0</b>

Fatty Acids		Hazelnut	Hickorynut	Macadamia nut	Peanut	Pecan	Pine nut	Pistachio	Walnut
<b>Common Name</b>	<b>Saturated</b>								
Caproic acid	6:0								
Caprylic acid	8:0								
Capric acid	10:0								
Lauric acid	12:0			0.08					
Myristic acid	14:0			0.66	0.03				
Palmitic acid	16:0	3.10	5.42	6.04	5.20	4.37	3.21	4.89	4.40
Margaric acid	17:0			0.12					
Stearic acid	18:0	1.27	1.42	2.33	1.11	1.75	1.39	0.46	1.66
Arachidic acid	20:0	0.10		1.94		0.07	0.23	0.04	0.06
Behenic acid	22:0			0.61			0.07	0.04	
Lignoceric acid	24:0			0.28					
<b>Total</b>		<b>4.47</b>	<b>6.84</b>	<b>12.06</b>	<b>6.34</b>	<b>6.19</b>	<b>4.9</b>	<b>5.43</b>	<b>6.12</b>
	<b>Monounsaturated</b>								
Palmitoleic acid	16:1	0.12	0.28	12.98	0.01		0.02	0.46	
	17:1								
Oleic acid	18:1	45.41	32.01	43.76	23.96	40.59	17.95	22.69	8.80
Gadoleic acid	20:1	0.13		1.89	0.67	0.21	0.80	0.17	0.13
Erucic acid	22:1			0.23					
<b>Total</b>		<b>45.66</b>	<b>32.29</b>	<b>58.86</b>	<b>24.64</b>	<b>40.80</b>	<b>18.77</b>	<b>23.32</b>	<b>8.93</b>
	<b>Polyunsaturated</b>								
	<b>Omega 6</b>								
Linoleic acid	18:2n6	7.83	20.62	1.30	15.69	20.63	33.20	13.20	38.09
Gamma linolenic acid	18:3n6						0.05		
	20:2n6						0.40		
	Total n6	7.83	20.62	1.3	15.69	20.63	33.65	13.2	38.09
	<b>Omega 3</b>								
Alpha linolenic acid (ALA)	18:3n3	0.09	1.05	0.21	0.003	0.99	0.11	0.25	9.08
	Total n3	0.09	1.05	0.21	0.003	0.99	0.11	0.25	9.08
<b>Total Poly</b>		<b>7.92</b>	<b>21.67</b>	<b>1.51</b>	<b>15.69</b>	<b>21.62</b>	<b>33.76</b>	<b>13.45</b>	<b>47.17</b>
	Ratio n6/n3	<b>87.0</b>	<b>19.6</b>	<b>6.2</b>	<b>5230.0</b>	<b>20.8</b>	<b>305.9</b>	<b>52.8</b>	<b>4.19</b>

[🏠 Back to The Paleo Diet Home Page](#)

[📖 Back to The Paleo Diet Book Page](#)