



Nella Foulds
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Foods High in Polyunsaturated Fat

Polyunsaturated fat is often termed as one of the ‘good’ fats and are preferable over foods containing saturated fat. Don’t forget that fat is still high in calories so amounts should be carefully weighed.

Food	Amount	Polyunsaturated Fat (g)
Walnuts	100g	47
Canola (Rapeseed) Oil	100g	34
Sunflower Seeds	100g	33
Sesame Seeds	100g	26
Chia Seeds	100g	23.7
Unsalted Peanuts	100g	14.2
Peanut Butter	100g	14.2
Avocado Oil	100g	13.5
Safflower Oil	100g	12.82
Seaweed	100g	11
Sardines	100g	5
Tuna	100g	14
Wild Salmon	100g	17.3
Whole Grain Wheat	100g	9.7