

# Unfolding FATTY ACIDS

Saturated  
Fat

Unsaturated  
Fat

Trans  
Fat

**PUFAs**  
Polyunsaturated  
Fatty Acids

**MUFAs**  
Monounsaturated  
Fatty Acids

**Omega-3**



**Omega-6**

Linoleic

Arachidonic

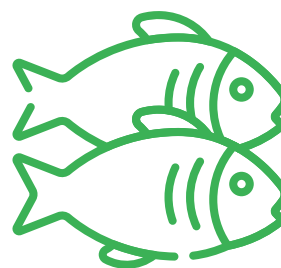
ALA



EPA



DHA



**15%**

**conversion rate**  
from ALA to DHA

