

大豆油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	中華民國國家標準 ²	TFDA ³	USDA ⁴	Danish National Food Institute ⁵	Chempro 資料庫 ⁶	
飽和脂肪酸								
Lauric acid	C12:0	—	ND-0.1		—	—	—	C12:0
Tridecanoic acid	C13:0	—	—		—	—	—	C13:0
Myristic acid	C14:0	0.07-0.08	ND-0.2	0.08	0.04	—	tr.0.5	C14:0
Methylpentadecanoic acid	C15:0	—	—	ND	—	—	—	C15:0
Palmitic acid	C16:0	10.7-10.82	8.0-13.5	11.33	10.66	9.36	7.0-11.0	C16:0
Heptadecanoic acid	C17:0	—	ND-0.1	0.10	0.05	0.03	—	C17:0
Stearic acid	C18:0	3.83-4.06	2.0-5.4	4.30	4.00	3.48	2.0-6.0	C18:0
Arachidic acid	C20:0	0.32-0.37	0.1-0.6	0.35	0.24	0.60	—	C20:0
Benenic acid	C22:0	0.36-0.43	ND-0.7	0.36	0.26	—	—	C22:0
Lignoceric acid	C24:0	0.14-0.29	ND-0.5	0.15	—	—	—	C24:0
單元脂肪酸								
Myristoleic acid	9c-C14:1	—	—		—	—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—		—	—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	0.08	ND-0.2	0.08	0.03	—	—	9c-C16:1
Heptadecenoic acid	10c-C17:1	—	ND-0.1	ND	—	—	—	10c-C17:1
Oleic acid	9c-C18:1	21-78-22.40	17.0-30.0	21.79	22.57	21.3	22.0-34.0	9c-C18:1
Vaccenic acid	11c-C18:1	—	—	1.54	—	—	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.21-0.27	ND-0.5	0.17	0.13	—	—	11c-C20:1
Erucic acid	13c-C22:1	0.04	ND-0.3		—	—	—	13c-C22:1
Nervonic acid	15c-C24:1	—	ND		—	—	—	15c-C24:1
多元不飽和脂肪酸								
Linoleic acid	9c,12c-C18:2n6	55.08-54.79	48.0-59.0	52.80	50.12	53.3	43.0-56.0	9c,12c-C18:2n6
γ -Linolenic acid*	6c,9c,12c-C18:3n6	—	4.5-11.0	ND	—	—	5.0-11.0	6c,9c,12c-C18:3n6
α -Linolenic acid*	9c,12c,15c-C18:3n3	6.42-7.34		6.26	6.54	6.87		9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—	ND-0.1	0.04	—	—		11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—		—	—		C20:3n6
Eicosatrienoic acid	C20:3n3	—	—		—	—		C20:3n3
Arachidonic acid	C20:4n6	—	—		—	—		C20:4n6
Docosadienoic acid	13c,16c-C22:2	—	ND		—	—		13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—		—	—		C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—		—	—		C22:6n3(DHA)

棉籽油脂肪酸百分組成資料庫

		中華民國國家標準 ²	TFDA ³	Danish National Food Institute ⁵	
飽和脂肪酸					
Lauric acid	C12:0	ND-0.2	—	—	C12:0
Tridecanoic acid	C13:0	—	—	—	C13:0
Myristic acid	C14:0	0.6-1.0	0.56-0.89	—	C14:0
Methylpentadecanoic acid	C15:0	—	—	—	C15:0
Palmitic acid	C16:0	21.4-26.4	19.62-21.09	22.7	C16:0
Heptadecanoic acid	C17:0	ND-0.1	0.07-0.09	—	C17:0
Stearic acid	C18:0	2.1-3.3	2.31-2.50	2.3	C18:0
Arachidic acid	C20:0	0.2-0.5	0.21-0.31	0.4	C20:0
Benenic acid	C22:0	ND-0.6	0.09-0.16	—	C22:0
Lignoceric acid	C24:0	ND-0.1	0.06-0.14	—	C24:0
單元脂肪酸					
Myristoleic acid	9c-C14:1	—	—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	ND-1.2	0.52-0.8	0.8	9c-C16:1
Heptadecenoic acid	10c-C17:1	ND-0.1	ND	—	10c-C17:1
Oleic acid	9c-C18:1	14.7-21.7	15.44-18.18	17.0	9c-C18:1
Vaccenic acid	11c-C18:1	—	0.83-1.25	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	ND-0.1	0.04-0.07	—	11c-C20:1
Erucic acid	13c-C22:1	ND-0.3	—	—	13c-C22:1
Nervonic acid	15c-C24:1	ND	—	—	15c-C24:1
多元不飽和脂肪酸					
Linoleic acid	9c,12c-C18:2n6	46.7-58.2	54.58-59.21	51.5	9c,12c-C18:2n6
γ -Linolenic acid	6c,9c,12c-C18:3n6	—	—	—	6c,9c,12c-C18:3n6
α -Linolenic acid	9c,12c,15c-C18:3n3	ND-0.4	0.11-0.25	0.2	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	ND-0.1	ND-0.01	—	11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—	—	C20:3n6
Eicosatrienoic acid	C20:3n3	—	—	—	C20:3n3
Arachidonic acid	C20:4n6	—	—	0.1	C20:4n6
Docosadienoic acid	13c,16c-C22:2	ND-0.1	—	—	13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—	—	C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—	—	C22:6n3(DHA)

芝麻油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	中華民國國家標準 ²	USDA ⁴	Danish National Food Institute ⁵	Chempro 資料庫 ⁶	
飽和脂肪酸							
Lauric acid	C12:0	—	ND	—	—	—	C12:0
Tridecanoic acid	C13:0	—	—	—	—	—	C13:0
Myristic acid	C14:0	—	ND-0.1	—	—	—	C14:0
Methylpentadecanoic acid	C15:0	—	—	—	—	—	C15:0
Palmitic acid	C16:0	9.11	7.9-12.0	8.9	8.90	7.0-9.0	C16:0
Heptadecanoic acid	C17:0	—	ND-0.2	—	—	—	C17:0
Stearic acid	C18:0	5.62	4.5-6.7	4.8	4.80	4.0-5.0	C18:0
Arachidic acid	C20:0	0.62	0.3-0.7	—	—	0.4-1.0	C20:0
Benenic acid	C22:0	0.13	ND-1.1	—	—	—	C22:0
Lignoceric acid	C24:0	0.11	ND-0.3	—	—	—	C24:0
單元脂肪酸							
Myristoleic acid	9c-C14:1	—	—	—	—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—	—	—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	—	ND-0.2	0.2	0.20	—	9c-C16:1
Heptadecenoic acid	10c-C17:1	—	ND-0.1	—	—	—	10c-C17:1
Oleic acid	9c-C18:1	40.40	34.4-45.5	39.3	39.3	40.0-50.0	9c-C18:1
Vaccenic acid	11c-C18:1	—	—	—	—	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.26	ND-0.3	0.2	—	—	11c-C20:1
Erucic acid	13c-C22:1	—	ND	—	—	—	13c-C22:1
Nervonic acid	15c-C24:1	—	ND	—	—	—	15c-C24:1
多元不飽和脂肪酸							
Linoleic acid	9c,12c-C18:2n6	43.43	36.9-47.9	41.3	41.3	35-45	9c,12c-C18:2n6
γ -Linolenic acid	6c,9c,12c-C18:3n6	0.32	—	0.3	—	—	6c,9c,12c-C18:3n6
α -Linolenic acid	9c,12c,15c-C18:3n3		0.2-1.0		0.3	—	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—	ND	—	—	—	11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—	—	—	—	C20:3n6
Eicosatrienoic acid	C20:3n3	—	—	—	—	—	C20:3n3
Arachidonic acid	C20:4n6	—	—	—	—	—	C20:4n6
Docosadienoic acid	13c,16c-C22:2	—	ND	—	—	—	13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—	—	—	—	C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—	—	—	—	C22:6n3(DHA)

花生油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	中華民國國家標準 ²	TFDA ³	USDA ⁴	Danish National Food Institute ⁵	
飽和脂肪酸							
Lauric acid	C12:0	—	ND-0.1		—	—	C12:0
Tridecanoic acid	C13:0	—	—		—	—	C13:0
Myristic acid	C14:0	0.04	ND-0.1	0.04	0.1	—	C14:0
Methylpentadecanoic acid	C15:0	—	—	ND	—	—	C15:0
Palmitic acid	C16:0	12.49	8.0-14.0	10.05	9.5	9.25	C16:0
Heptadecanoic acid	C17:0	0.07	ND-0.1	0.08	—	—	C17:0
Stearic acid	C18:0	3.14	1.0-4.5	2.36	2.2	2.71	C18:0
Arachidic acid	C20:0	1.22	1.0-2.0	1.16	1.4	1.17	C20:0
Benenic acid	C22:0	2.62	1.5-4.5	3.00	2.8	2.54	C22:0
Lignoceric acid	C24:0	1.22	0.5-2.5	1.74	0.9	1.74	C24:0
單元脂肪酸							
Myristoleic acid	9c-C14:1	—	—		—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—		—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	0.08	ND-0.2	0.07	0.1	0.07	9c-C16:1
Heptadecenoic acid	10c-C17:1	—	ND-0.1	ND	0.13	—	10c-C17:1
Oleic acid	9c-C18:1	39.89	35.0-69.0	48.42	44.8	44.5	9c-C18:1
Vaccenic acid	11c-C18:1	—	—	0.82	—	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.88	0.7-1.7	1.58	1.3	1.0	11c-C20:1
Erucic acid	13c-C22:1	0.06	ND-0.3	0.16	—	—	13c-C22:1
Nervonic acid	15c-C24:1	—	ND-0.3		—	—	15c-C24:1
多元不飽和脂肪酸							
Linoleic acid	9c,12c-C18:2n6	38.22	12.0-43.0	29.99	32.0	31.7	9c,12c-C18:2n6
γ-Linolenic acid	6c,9c,12c-C18:3n6	—	—	ND	—	—	6c,9c,12c-C18:3n6
α-Linolenic acid	9c,12c,15c-C18:3n3	0.09	ND-0.3	0.22		0.19	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—	ND	0.04	—	—	11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—		—	—	C20:3n6
Eicosatrienoic acid	C20:3n3	—	—		—	—	C20:3n3
Arachidonic acid	C20:4n6	—	—		—	—	C20:4n6
Docosadienoic acid	13c,16c-C22:2	—	ND		—	—	13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—		—	—	C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—		—	0.14	C22:6n3(DHA)

苦茶油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	TFDA ³	
飽和脂肪酸				
Lauric acid	C12:0	—		C12:0
Tridecanoic acid	C13:0	—		C13:0
Myristic acid	C14:0	—		C14:0
Methylpentadecanoic acid	C15:0	—		C15:0
Palmitic acid	C16:0	8.32	5.4-8.7	C16:0
Heptadecanoic acid	C17:0	—		C17:0
Stearic acid	C18:0	2.21	1.5-4.8	C18:0
Arachidic acid	C20:0	—		C20:0
Benenic acid	C22:0	—		C22:0
Lignoceric acid	C24:0	—		C24:0
單元脂肪酸				
Myristoleic acid	9c-C14:1	—		9c-C14:1
Pentadecenoic acid	10c-C15:1	—		10c-C15:1
Palmtoleic acid	9c-C16:1	0.09		9c-C16:1
Heptadecenoic acid	10c-C17:1	—		10c-C17:1
Oleic acid	9c-C18:1	81.88	70.0-81.3	9c-C18:1
Vaccenic acid	11c-C18:1	—		11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.54	0.3-0.5	11c-C20:1
Erucic acid	13c-C22:1	—		13c-C22:1
Nervonic acid	15c-C24:1	—		15c-C24:1
多元不飽和脂肪酸				
Linoleic acid	9c,12c-C18:2n6	6.68	7.2-16.1	9c,12c-C18:2n6
γ -Linolenic acid	6c,9c,12c-C18:3n6	—		6c,9c,12c-C18:3n6
α -Linolenic acid	9c,12c,15c-C18:3n3	0.28	0.2-3.7	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—		11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—		C20:3n6
Eicosatrienoic acid	C20:3n3	—		C20:3n3
Arachidonic acid	C20:4n6	—		C20:4n6
Docosadienoic acid	13c,16c-C22:2	—		13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—		C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—		C22:6n3(DHA)

葡萄籽油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	中華民國國家標準 ²	USDA ⁴	Danish National Food Institute ⁵	
飽和脂肪酸						
Lauric acid	C12:0	—	ND	—	—	C12:0
Tridecanoic acid	C13:0	—	—	—	—	C13:0
Myristic acid	C14:0	0.05-0.08	ND-0.3	0.1	—	C14:0
Methylpentadecanoic acid	C15:0	—	—	—	—	C15:0
Palmitic acid	C16:0	6.89-7.48	5.5-11.0	6.7	6.09	C16:0
Heptadecanoic acid	C17:0	—	ND-0.2	—	—	C17:0
Stearic acid	C18:0	3.19-3.82	3.0-6.5	2.7	3.39	C18:0
Arachidic acid	C20:0	0.1-0.17	ND-1.0	—	—	C20:0
Benenic acid	C22:0	0.07	ND-0.5	—	—	C22:0
Lignoceric acid	C24:0	0.42-0.96	ND-0.4	—	—	C24:0
單元脂肪酸						
Myristoleic acid	9c-C14:1	—	—	—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—	—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	0.09-0.12	ND-1.2	0.3	—	9c-C16:1
Heptadecenoic acid	10c-C17:1	—	ND-0.1	—	—	10c-C17:1
Oleic acid	9c-C18:1	18.13-19.73	12.0-28.0	15.8	18.2	9c-C18:1
Vaccenic acid	11c-C18:1	—	—	—	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.28-0.30	ND-0.3	—	—	11c-C20:1
Erucic acid	13c-C22:1	0.05	ND-0.3	—	—	13c-C22:1
Nervonic acid	15c-C24:1	—	ND	—	—	15c-C24:1
多元不飽和脂肪酸						
Linoleic acid	9c,12c-C18:2n6	67.44-70.41	58.0-78.0	69.6	67.2	9c,12c-C18:2n6
γ -Linolenic acid	6c,9c,12c-C18:3n6	—	—	0.1	—	6c,9c,12c-C18:3n6
α -Linolenic acid	9c,12c,15c-C18:3n3	0.25-0.35	ND-1.0		0.50	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—	ND	—	—	11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—	—	—	C20:3n6
Eicosatrienoic acid	C20:3n3	—	—	—	—	C20:3n3
Arachidonic acid	C20:4n6	—	—	—	—	C20:4n6
Docosadienoic acid	13c,16c-C22:2	—	ND	—	—	13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—	—	—	C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—	—	—	C22:6n3(DHA)

葵花油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	衛福部資料庫 ¹ (高油酸)	中華民國 國家標準 ²	TFDA ³	USDA ⁴	Danish National Food Institute ⁵	Chempro 資料庫 ⁶	
飽和脂肪酸									
Lauric acid	C12:0			ND-0.1					C12:0
Tridecanoic acid	C13:0								C13:0
Myristic acid	C14:0			ND-0.2	0.07				C14:0
Methylpentadecanoic acid	C15:0				ND				C15:0
Palmitic acid	C16:0	6.03-7.15	4.28	5.0-7.6	6.04	5.9	5.5	3.0-6.0	C16:0
Heptadecanoic acid	C17:0			ND-0.2	0.04				C17:0
Stearic acid	C18:0	3.58-4.33	4.19	2.7-6.5	3.22	4.5	3.8	1.0-3.0	C18:0
Arachidic acid	C20:0	0.28-0.29	0.37	0.1-0.5	0.23		0.3	0.6-4.0	C20:0
Benenic acid	C22:0	0.6-0.77	1.11	0.3-1.5	0.64		0.6		C22:0
Lignoceric acid	C24:0	0.21-0.25	0.31	ND-0.5	0.23				C24:0
單元脂肪酸									
Myristoleic acid	9c-C14:1								9c-C14:1
Pentadecenoic acid	10c-C15:1								10c-C15:1
Palmtoleic acid	9c-C16:1		0.09	ND-0.3	0.08				9c-C16:1
Heptadecenoic acid	10c-C17:1			ND-0.1	ND				10c-C17:1
Oleic acid	9c-C18:1	20.37-23.28	79.71	14.0-39.4	27.31	19.5	22	14.0-35.0	9c-C18:1
Vaccenic acid	11c-C18:1				0.78				11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	ND-0.38	0.22	ND-0.3	0.16				11c-C20:1
Erucic acid	13c-C22:1			ND-0.3					13c-C22:1
Nervonic acid	15c-C24:1			ND					15c-C24:1
多元不飽和脂肪酸									
Linoleic acid	9c,12c-C18:2n6	64.89-67.60	9.62	48.3-74.0	60.47	65.7	63	44.0-75.0	9c,12c-C18:2n6
γ -Linolenic acid*	6c,9c,12c-C18:3n6			ND-0.5	ND				6c,9c,12c-C18:3n6
α -Linolenic acid*	9c,12c,15c-C18:3n3		0.11		0.12				9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2			ND					11c,14c-C20:2
Eicosatrienoic acid	C20:3n6								C20:3n6
Eicosatrienoic acid	C20:3n3								C20:3n3
Arachidonic acid	C20:4n6								C20:4n6
Docosadienoic acid	13c,16c-C22:2			ND-0.3					13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)								C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)								C22:6n3(DHA)

橄欖油脂肪酸百分組成資料庫

		衛福部資料庫 ¹	中華民國國家標準 ²	TFDA ³	USDA ⁴	Danish National Food Institute ⁵	Chempro 資料庫 ⁶	
飽和脂肪酸								
Lauric acid	C12:0	—	ND		—	—	—	C12:0
Tridecanoic acid	C13:0	—	—		—	—	—	C13:0
Myristic acid	C14:0	ND-0.01	≤ 0.05	0.02	—	—	0.1—1.2	C14:0
Methylpentadecanoic acid	C15:0	—	—	ND	—	—	—	C15:0
Palmitic acid	C16:0	12.16-12.75	7.5-20.0	11.27	11.29	9.5	7.0—16.0	C16:0
Heptadecanoic acid	C17:0	ND-0.05	≤ 0.3	0.07	0.02	—	—	C17:0
Stearic acid	C18:0	2.49-2.78	0.5-5.0	3.17	1.95	2.4	1.0—3.0	C18:0
Arachidic acid	C20:0	0.43	≤ 0.6	0.47	0.41	0.4	0.1—0.3	C20:0
Benenic acid	C22:0	0.13-0.16	≤ 0.2 (精製橄欖籽油≤ 0.3)	0.21	0.13	—	—	C22:0
Lignoceric acid	C24:0	0.07	≤ 0.2	0.09	—	—	—	C24:0
單元脂肪酸								
Myristoleic acid	9c-C14:1	—	—		—	—	—	9c-C14:1
Pentadecenoic acid	10c-C15:1	—	—		—	—	—	10c-C15:1
Palmtoleic acid	9c-C16:1	0.85-1.22	0.3-3.5	0.66	1.26	0.6	—	9c-C16:1
Heptadecenoic acid	10c-C17:1	—	≤ 0.3	ND	0.13	—	—	10c-C17:1
Oleic acid	9c-C18:1	71.37-74.2	55.0-83.0	73.55	71.27	73.7	65—80	9c-C18:1
Vaccenic acid	11c-C18:1	—	—	2.32	—	—	—	11c-C18:1
Gadoleic acid (Eicosenoic Acid)	11c-C20:1	0.26-0.31	≤ 0.4	0.31	0.31	—	—	11c-C20:1
Erucic acid	13c-C22:1	—	ND		—	—	—	13c-C22:1
Nervonic acid	15c-C24:1	—	—		—	—	—	15c-C24:1
多元不飽和脂肪酸								
Linoleic acid	9c,12c-C18:2n6	8.65-10.33	3.5-21.0	7.28	9.76	8.2	4.0—10.0	9c,12c-C18:2n6
γ -Linolenic acid	6c,9c,12c-C18:3n6	—	—	ND	0.76	—	—	6c,9c,12c-C18:3n6
α-Linolenic acid	9c,12c,15c-C18:3n3	0.57-0.72	—	0.38		0.6	—	9c,12c,15c-C18:3n3
Eicosadienoic acid	11c,14c-C20:2	—	—	0.04	—	—	—	11c,14c-C20:2
Eicosatrienoic acid	C20:3n6	—	—		—	—	—	C20:3n6
Eicosatrienoic acid	C20:3n3	—	—		—	—	—	C20:3n3
Arachidonic acid	C20:4n6	—	—		—	—	—	C20:4n6
Docosadienoic acid	13c,16c-C22:2	—	—		—	—	—	13c,16c-C22:2
Eicosapentaenoic acid	C20:5n3(EPA)	—	—		—	—	—	C20:5n3(EPA)
Docosahexaenoic acid	C22:6n3(DHA)	—	—		—	—	—	C22:6n3(DHA)

備考：

1. 衛生福利部食品藥物管理署 台灣地區食品營養成分資料庫：<https://consumer.fda.gov.tw/FoodAnalysis/>
2. 中華民國國家標準
3. TFDA 資料庫
4. USDA National Nutrient 資料庫：<http://ndb.nal.usda.gov/ndb/search/list>
5. Danish National Food Institute 資料庫：http://www.foodcomp.dk/v7/fcdb_search.asp
6. Chempro 資料庫：<http://www.chempro.in/fattyacid.htm>

*依各資料庫最新公布版本為主

<以下空白>