

Oil / Fat	Iodine value g/100 g		
Almond oil	92	-	106
	94	-	101
Apricot kernel oil	97	-	110
Argan seed oil	92	-	102
Avocado oil	63	-	95
	85	-	90
Babassu oil	10	-	18
	10	-	18
Blackcurrent oil	173		182
Camelina oil	127	-	155
	130	-	145
Cashew nut oil	79	-	89
Castor oil	82	-	88
	81	-	91
Chia oil	190	-	199
	196	-	199
Cocoa butter	33	-	40
	32	-	40
Coconut oil	6	-	9
	6,3	-	11
	6	-	11
Coconut oil, cochin	7	-	12
Coconut oil, RBD	7	-	12
Corn oil	127	-	133
Cottonseed oil	103	-	115
	100	-	123
	100	-	115
Cottonseed oil, RBD	98	-	118
Crambe oil	93		
Flaxseed oil	182	-	203
Grape seed oil	130	-	138
	128	-	150
Hazelnut oil	85	-	95
Illipe butter	58	-	65
Linseed oil	170	-	204
Maize germ oil	103	-	128
	103	-	135
	107	-	128
Melon seed oil	124		
Mustardseed oil	92	-	125
Oiticica oil	140	-	180

Oil / Fat	Iodine value g/100 g		
Olive oil	75	-	94
Ongokea oil	180	-	205
Palm kernel oil	16	-	23
	14,1	-	21
Palm oil	50,6	-	55
	51	-	54
	50	-	55
Palm olein	56	-	61
Palm stearin			
Palm oil, neutralized	50	-	55
Palm oil, neutralized and bleached	50	-	55
	≥ 56		
Palm oil (RBD/NBD)	50	-	55
Palm olein, crude	56		
Palm olein, neutralized	56		
Palm olein, neutralized and bleached	56		
Palm olein (RBD/NBD)	56		
Palm stearin	22	-	49
	≤ 48		
Palm superolein	≥ 60		
Peanut oil	86	-	107
	86	-	107
Peanut oil, Africa	85	-	90
Peanut oil, South America	92	-	110
Perilla oil	192	-	208
Poppyseed oil	130	-	143
Pumpkin seed oil	117		
Rapeseed oil	94	-	120
Rapeseed oil (Canola)	110	-	126
Rapeseed oil, erucic acid incl.	100	-	106
Rapeseed oil, erucic acid excl.	112	-	117
Rapeseed oil (HEAR)	97	-	108
Rapeseed oil (low erucic acid)	105	-	126
Rice bran oil	100		
Rice bran oil (RBD)	99	-	108
Safflower oil	141	-	147
	136	-	148
Safflower oil (high oleic acid)	80	-	100
Safflower oil, linoleic	135	-	150
Safflower oil, oleic	91	-	95

Oil / Fat	Iodine value g/100 g		
Sesame oil	104	-	120
	104	-	120
	104	-	120
Shea butter	52	-	66
Soybean oil	125	-	128
Soybean oil	124	-	139
Sunflower oil	120	-	134
	118	-	141
Sunflower oil, crude high-oleic	78	-	90
Sunflower oil, crude mid-oleic	94	-	122
Sunflower oil (high oleic acid)	78	-	90
Sunflower oil (mid-oleic acid)	94	-	122
Tung oil	166	-	170
Vernonia oil	104	-	108
Walnut oil	135	-	151
Wheat germ oil	118	-	128
<b>Animal fats</b>			
Bone oil	52	-	55
Lard	58	-	65
Tallow	42	-	51