

Fats and fatty acids.

Insect	Raw fat	Saturated fatty acids	Mono-saturated unsaturated fatty acids	Poly-saturated unsaturated fatty acids	Omega-3 fatty acids	Omega-6 fatty acids	Linoleic acid
Amount per 100 g in	g	g	g	g	g	g	g
Pinkies Topinsect	11,3	4,33	4,77	2,19	0,20	0,02	1,98
Buffaloworms Topinsect	7,7	1,90	3,35	2,45	0,25	0,03	2,33
Mealworms Topinsect	14.8	3.29	6.37	4.05	0.16	0.03	3.86
Wax moth larvae Topinsect	23.7	7.94	12.29	1.58	0.11	0.03	1.45
Adult house cricket Topinsect	6.6	2.11	1.58	2.32	0.06	0.04	222
Mealworm beetle	5.1	1.12	1.75	1.35	0.04	0.02	1.29
Morio worms larvae	18.3	6.94	6.91	3.56	0.11	0.04	3.40
Adult house cricket Topinsect	6.6	2.11	1.58	2.32	0.06	0.04	222
Other food by comparison							
Whole milk	3.5	2.2	1.0	0.1	0.0	0.1	0.1
Cod	0.6	0.2	0.1	0.3	0.1	0.1	0.0
Lean veal	6.5	2.2	2.9	1.00	n/a	n/a	n/a
Corn oil	100	13	30	56	1	n/a	55
Chicken	9	2.4	4.2	1.90	0.30	1.70	1.60
Analyses conducted on the total raw weight - n/a = not available or unknown							

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