

Fat Productivity	Yield	%	Adjusted	Protein	Fat	Carbs	Fiber	Time	Protein	Fat	Carbs	Calories	Protein	Fat	Carbs	Calories
Crop type	kg/ha-crop		kg/ha-crop	percent	percent	percent	percent	mo/crop	kg/ha-yr	kg/ha-yr	kg/ha-yr	kcal/m ² -yr	kg/ha-crop	kg/ha-crop	kg/ha-crop	kcal/m ² -crop
Chufa (tigernut) high	14000	0.80	11200	5.00%	30.00%	47.00%	4.30%	4	1680	10080	14347	15,113	560	3360	4782	5038
Chufa (tigernut) med	11000	0.80	8800	5.00%	30.00%	47.00%	4.30%	4	1320	7920	11273	11,875	440	2640	3758	3958
Chufa (tigernut) low	8000	0.80	6400	5.00%	30.00%	47.00%	4.30%	4	960	5760	8198	8,636	320	1920	2733	2879
Peanut (groundnut)	3824	0.70	2677	25.80%	49.24%	16.13%	8.50%	4	2072	3954	613	4,534	691	1318	204	1511
Palm fruit oil	3524	1.00	3524	0.00%	100.00%	0.00%	0.00%	12	0	3524	0	3,115	0	3524	0	3115
Rapeseed oil	2030	0.40	812	0.00%	100.00%	0.00%	0.00%	3	0	3248	0	2,871	0	812	0	718
Pumpkin seed high	4000	0.55	2200	30.23%	49.05%	10.71%	6.00%	4	1995	3237	311	3,754	665	1079	104	1251
Camelina high	2240	1.00	2240	27.00%	34.00%	30.00%	9.60%	3	2419	3046	1828	4,337	605	762	457	1084
Sunflower seeds	2500	0.54	1350	20.78%	51.46%	20.00%	8.60%	3	1122	2779	616	3,129	281	695	154	782
Sunflower oil	2000	0.54	1080	0.00%	51.46%	0.00%	0.00%	3	0	2223	0	1,965	0	556	0	491
Chia seeds high	2500	0.90	2250	16.54%	30.74%	42.12%	34.40%	4	1116	2075	521	2,468	372	692	174	823
Flaxseed	1492	0.80	1194	18.29%	42.16%	28.88%	27.30%	3	873	2013	75	2,147	218	503	19	537
Soybeans	2958	1.00	2958	36.49%	19.94%	30.16%	9.30%	4	3238	1769	1851	3,534	1079	590	617	1178
Sacha inchi oil high	4000	0.80	3200	0.00%	54.30%	0.00%	0.00%	12	0	1738	0	1,536	0	1738	0	1536
Walnuts, English	5600	0.45	2520	15.23%	65.21%	13.71%	6.70%	12	384	1643	177	1,670	384	1643	177	1670
Soybean oil	2958	0.18	532	0.00%	100.00%	0.00%	0.00%	4	0	1597	0	1,412	0	532	0	471
Hemp seed high	2000	1.00	2000	25.00%	33.00%	30.00%	17.50%	5	1200	1584	600	2,097	500	660	250	874
Duckweed high	30000	1.00	30000	35.00%	5.00%	34.00%	10.95%	12	10500	1500	6915	8,066	10500	1500	6915	8066
Sesame seed oil	1000	0.45	450	0.00%	100.00%	0.00%	0.00%	4	0	1350	0	1,193	0	450	0	398
Hemp seed oil	2000	0.27	540	0.00%	100.00%	0.00%	0.00%	5	0	1296	0	1,146	0	540	0	477
Sesame seed	1000	0.85	850	17.73%	49.67%	23.45%	11.80%	4	452	1267	297	1,410	151	422	99	470
Safflower oil	1639	0.32	524	0.00%	100.00%	0.00%	0.00%	5	0	1259	0	1,113	0	524	0	464
Noog	1255	0.40	502	0.00%	100.00%	0.00%	0.00%	5	0	1205	0	1,065	0	502	0	444
Coconut oil high	12000	0.10	1200	0.00%	100.00%	0.00%	0.00%	12	0	1200	0	1,061	0	1200	0	1061
Olive oil	1177	1.00	1177	0.00%	100.00%	0.00%	0.00%	12	0	1177	0	1,040	0	1177	0	1040
Avocado oil	8852	0.13	1151	0.00%	100.00%	0.00%	0.00%	12	0	1151	0	1,017	0	1151	0	1017
Salicornia	2000	0.30	600	0.00%	100.00%	0.00%	0.00%	7	0	1029	0	909	0	600	0	530
Pumpkin seed low	650	0.74	481	30.23%	49.05%	10.71%	6.00%	3	582	944	91	1,094	145	236	23	274
Pili nuts	1200	1.00	1200	12.20%	73.20%	6.00%	2.30%	12	146	878	44	850	146	878	44	850
Cottonseed oil	400	1.00	400	0.00%	100.00%	0.00%	0.00%	6	0	800	0	707	0	400	0	354

The above Chart lists the top crops for production of dietary fat per hectare per year: **kg/ha-year**.

High, med, low indicate different crop yields.

Time is the number of months to grow one crop.

Calories is the total kilocalories from protein, fat, and carbohydrates (minus fiber).

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For a full explanation of the above Chart, see the article, "Comparison of Potential Staple Crops" at:

<http://www.gardeningplaces.com/articles/>

See also my blog, Hunger Math at:

<http://hungermath.wordpress.com/>

and my book:

Hunger Math: world hunger by the numbers by Ronald L. Conte Jr.