CLAIMS

1. Extracted plant lipid, comprising fatty acids in an esterified form, the fatty acids comprising oleic acid, palmitic acid, ω6 fatty acids which comprise linoleic acid (LA), ω3 fatty acids comprising α-linolenic acid (ALA) and docosapentaenoic acid (DPA), and optionally one or more of stearidonic acid (SDA), eicosapentaenoic acid (EPA), and eicosatetraenoic acid (ETA), wherein the level of palmitic acid in the total fatty acid content of the extracted lipid is between 2% and 16%, and wherein the level of myristic acid (Cl4:0) in the total fatty acid content of the extracted lipid, if present, is less than 1%, and wherein the level of DPA in the total fatty acid content of the extracted lipid is between 7% and 35%.

2. The extracted plant lipid of claim 1 which has one or more of the following features
   i) the level of palmitic acid in the total fatty acid content of the extracted plant lipid is between about 2% and 15%,
   ii) the level of myristic acid (C14:0) in the total fatty acid content of the extracted plant lipid is about 0.1%,
   iii) the level of oleic acid in the total fatty acid content of the extracted plant lipid is between about 1% and about 30%,
   iv) the level of linoleic acid (LA) in the total fatty acid content of the extracted plant lipid is between about 4% and about 35%,
   v) the level of α-linolenic acid (ALA) in the total fatty acid content of the extracted plant lipid is between about 4% and about 40%
   vi) the level of γ-linolenic acid (GLA) in the total fatty acid content of the extracted plant lipid is less than 4%,
   vii) the level of stearidonic acid (SDA) in the total fatty acid content of the extracted plant lipid is less than about 8%,
   viii) the level of eicosatetraenoic acid (ETA) in the total fatty acid content of the extracted plant lipid is less than 4%,
   ix) a level of eicosatrienoic acid (ETrA) in the total fatty acid content of the extracted plant lipid that is less than 4%,
   x) the level of eicosapentaenoic acid (EPA) in the total fatty acid content of the extracted plant lipid is between 4% and 15%,
   xi) a level of docosahexaenoic acid (DHA) in the total fatty acid content of the extracted plant lipid that is less than 2%,
   xii) the extracted plant lipid comprises ω6-docosapentaenoic acid ($22:5^{\Delta 4,7,10,13,16}$) in its fatty acid content,
   xiii) the extracted plant lipid comprises less than 0.1% of ω6-docosapentaenoic acid ($22:5^{\Delta 4,7,10,13,16}$) in its fatty acid content,

xiv) the extracted plant lipid comprises less than 0.1% of one or more or all of SDA, EPA and ETA in its fatty acid content,

xv) the level of total saturated fatty acids in the total fatty acid content of the extracted plant lipid is between 4% and 25%,

xvi) the level of total monounsaturated fatty acids in the total fatty acid content of the extracted plant lipid is between 4% and 40%,

xvii) the level of total polyunsaturated fatty acids in the total fatty acid content of the extracted plant lipid is between 20% and 75%,

xviii) the level of total ω6 fatty acids in the total fatty acid content of the extracted plant lipid is between 20% and 35%,

xix) the level of new ω6 fatty acids in the total fatty acid content of the extracted plant lipid is less than 6%,

xx) the level of total ω3 fatty acids in the total fatty acid content of the extracted plant lipid is between 36% and 65%,

xxi) the level of new ω3 fatty acids in the total fatty acid content of the extracted plant lipid is between 21% and 45%, about 35%, about 23%, about 25%, about 27%, about 30%, about 35%, about 40% or about 45%,

xxii) the ratio of total ω6 fatty acids: total ω3 fatty acids in the fatty acid content of the extracted plant lipid is between 0.1 and 1,

xxiii) the ratio of new ω6 fatty acids: new ω3 fatty acids in the fatty acid content of the extracted plant lipid is between 0.02 and 1,

xxiv) the fatty acid composition of the extracted plant lipid is based on an efficiency of conversion of ALA to DPA ofat least 24%,

xxv) the total fatty acid in the extracted plant lipid has less than 1.5% C20:1,

xxvi) the triacylglycerol (TAG) content of the extracted plant lipid is at least 80%,

xxvii) the extracted plant lipid comprises diacylglycerol (DAG), which DAG comprises DPA,

xxviii) the extracted plant lipid comprises less than 1%, free (non-esterified) fatty acids and/or phospholipid,

xxix) at least 70% of the DPA esterified in the form of TAG is in the *sn*-1 or *sn*-3 position of the TAG, and

xxx) the lipid comprises tri-DPA TAG (TAG 66:15).

3. The extracted plant lipid of claim 1, wherein the level of DPA in the total fatty acid content of the extracted plant lipid is between 20.1% and 35%.

4. The extracted plant lipid of claim 1, wherein the level of DPA in the total fatty acid content of the extracted plant lipid is between 30 and 35%.

5. The extracted plant lipid of claim 1, wherein the level of oleic acid in the total fatty acid content of the extracted plant lipid is between 1% and 30%.

6. The extracted plant lipid of claim 1, wherein the level of y-linolenic acid (GLA) in the total fatty acid content of the extracted plant lipid is less than 4%.

7. The extracted plant lipid of claim 1, wherein the level of eicosapentaenoic acid (EPA) in the total fatty acid content of the extracted plant lipid is less than 4%.

8. The extracted plant lipid of claim 1, wherein the level of docosahexaenoic acid (DHA) in the total fatty acid content of the extracted plant lipid is less than 2%.

9. The extracted plant lipid of claim 1, wherein the extracted plant lipid comprises less than 0.1% of ω6-docosapentaenoic acid ($22:5^{\Delta 4,7,10,13,16}$) in its fatty acid content.

10. The extracted plant lipid of claim 1, wherein the level of total saturated fatty acids in the total fatty acid content of the extracted plant lipid is between 6% and 12%.

11. The extracted plant lipid of claim 1, wherein the level of total ω6 fatty acids in the total fatty acid content of the extracted plant lipid is between 6% and 20%.

12. The extracted plant lipid of claim 1, wherein the level of new ω6 fatty acids in the total fatty acid content of the extracted plant lipid is between 0.5% and 4%.

13. The extracted plant lipid of claim 1, wherein the ratio of total ω6 fatty acids: total ω3 fatty acids in the fatty acid content of the extracted plant lipid is between 0.1 and 1.

14. The extracted plant lipid of claim 1, wherein at least 70% of the DPA esterified in the form of TAG is in the sn-1 or sn-3 position of the TAG.

15. The extracted plant lipid of claim 14 wherein, at least 80% of the DPA esterified in the form of TAG is in the sn-1 or sn-3 position of the TAG.

16. The extracted plant lipid of claim 1, which has the following features

i) the level of oleic acid in the total fatty acid content of the extracted plant lipid is between 1% and 30%,

ii) the level of linoleic acid (LA) in the total fatty acid content of the extracted plant lipid is between 4% and 35%,

iii) the level of α-linolenic acid (ALA) in the total fatty acid content of the extracted plant lipid is between 4% and 40%,

iv) the level of γ-linolenic acid (GLA) in the total fatty acid content of the extracted plant lipid is less than 4%,

v) the level of eicosapentaenoic acid (EPA) in the total fatty acid content of the extracted plant lipid is less than 4%, and

vi) the level of total saturated fatty acids in the total fatty acid content of the extracted plant lipid is between 4% and 25%.

17. The extracted plant lipid of claim 14 wherein the level of docosahexaenoic acid (DHA) in the total fatty acid content of the extracted plant lipid is less than 2%.

18. The extracted plant lipid of claim 1, wherein the extracted plant lipid is a *Brassica* seedoil or a *Camelina sativa* seedoil.

19. The extracted plant lipid of claim 18 wherein the lipid is extracted from transgenic *Brassicas* seed or transgenic *Camelina sativa* seed.

20. A composition comprising the extracted plant lipid of claim 1 wherein the extracted plant lipid has not been blended with another lipid.