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Nestlé Professional Nutrition Magazine

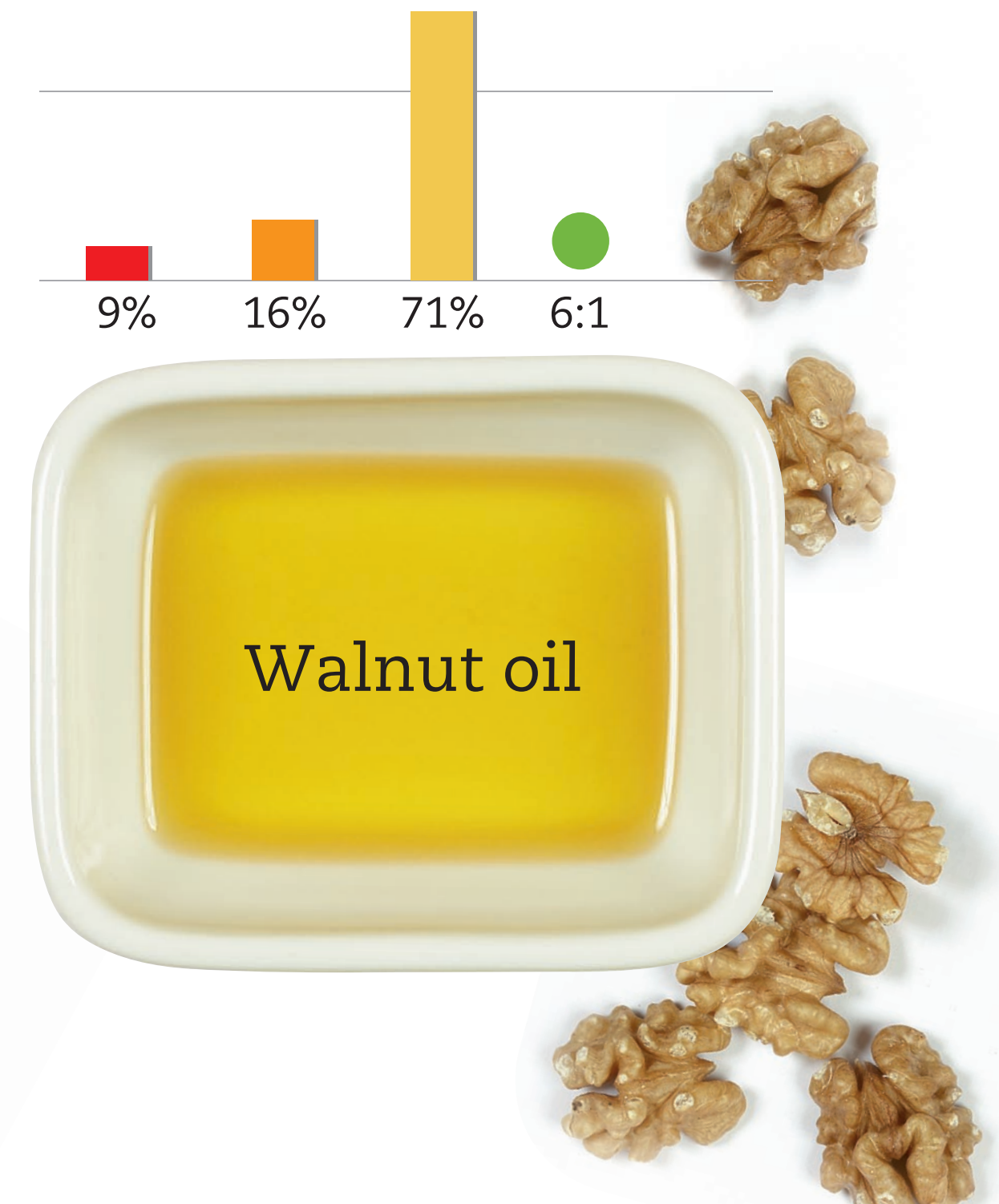
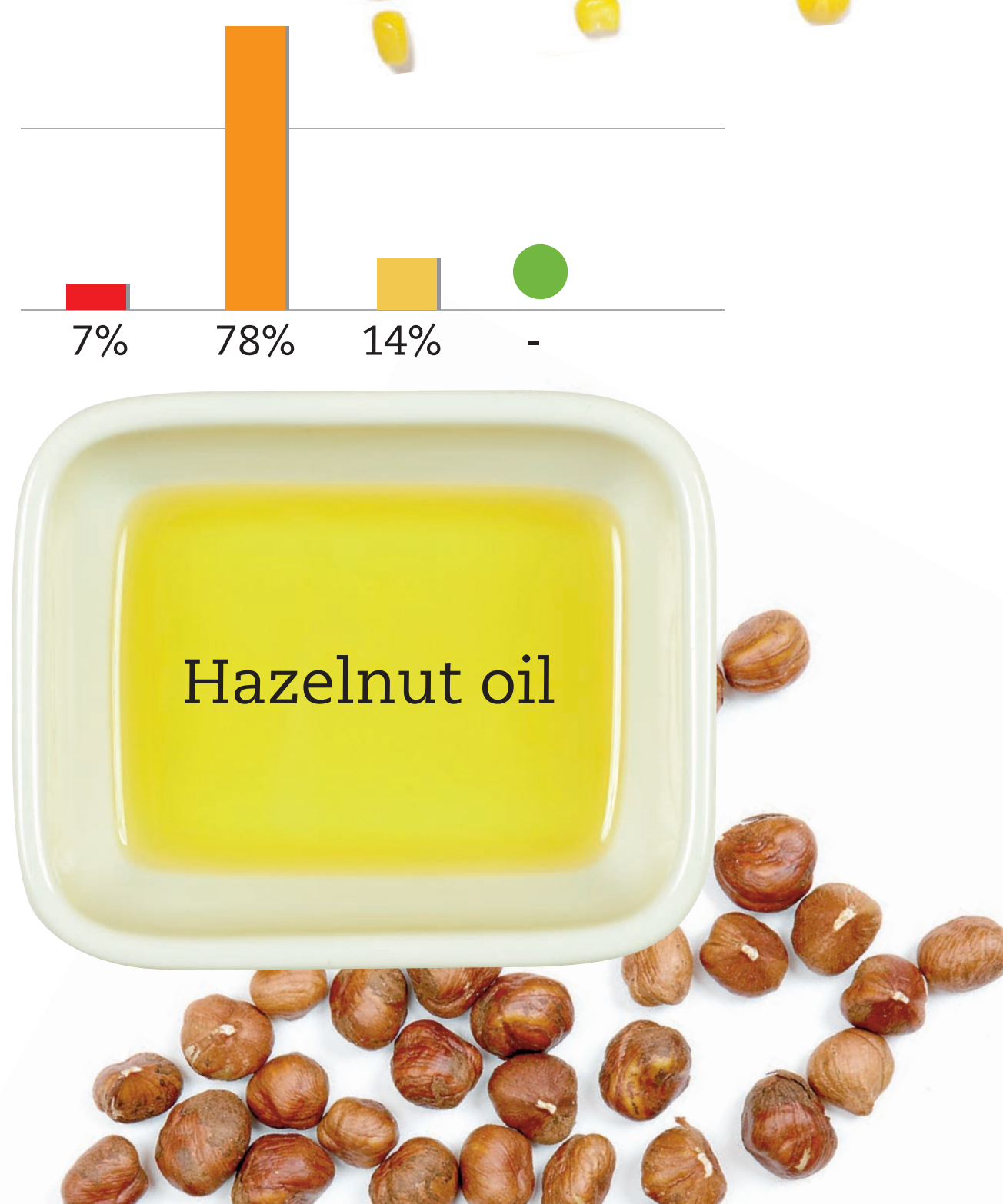
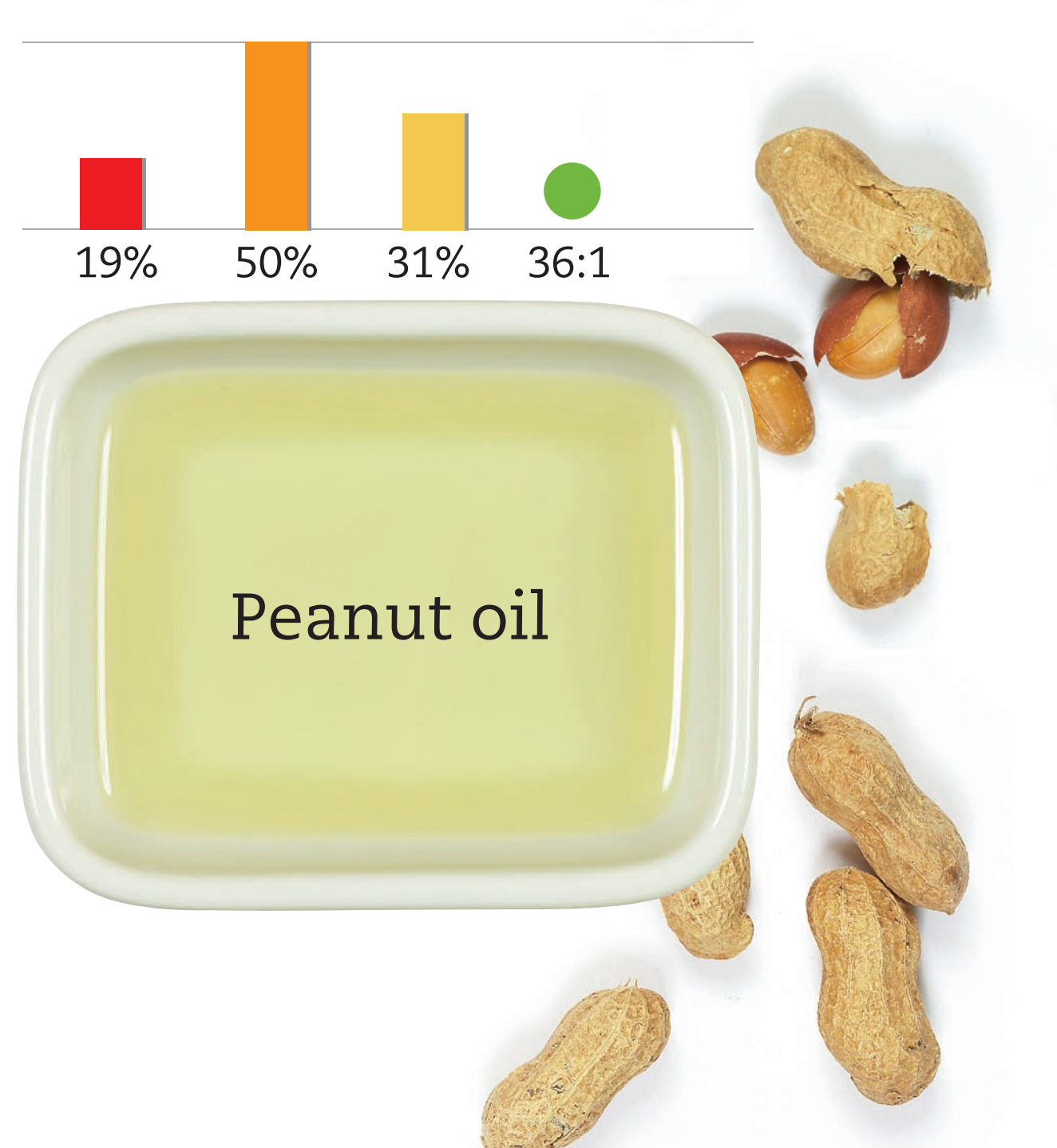
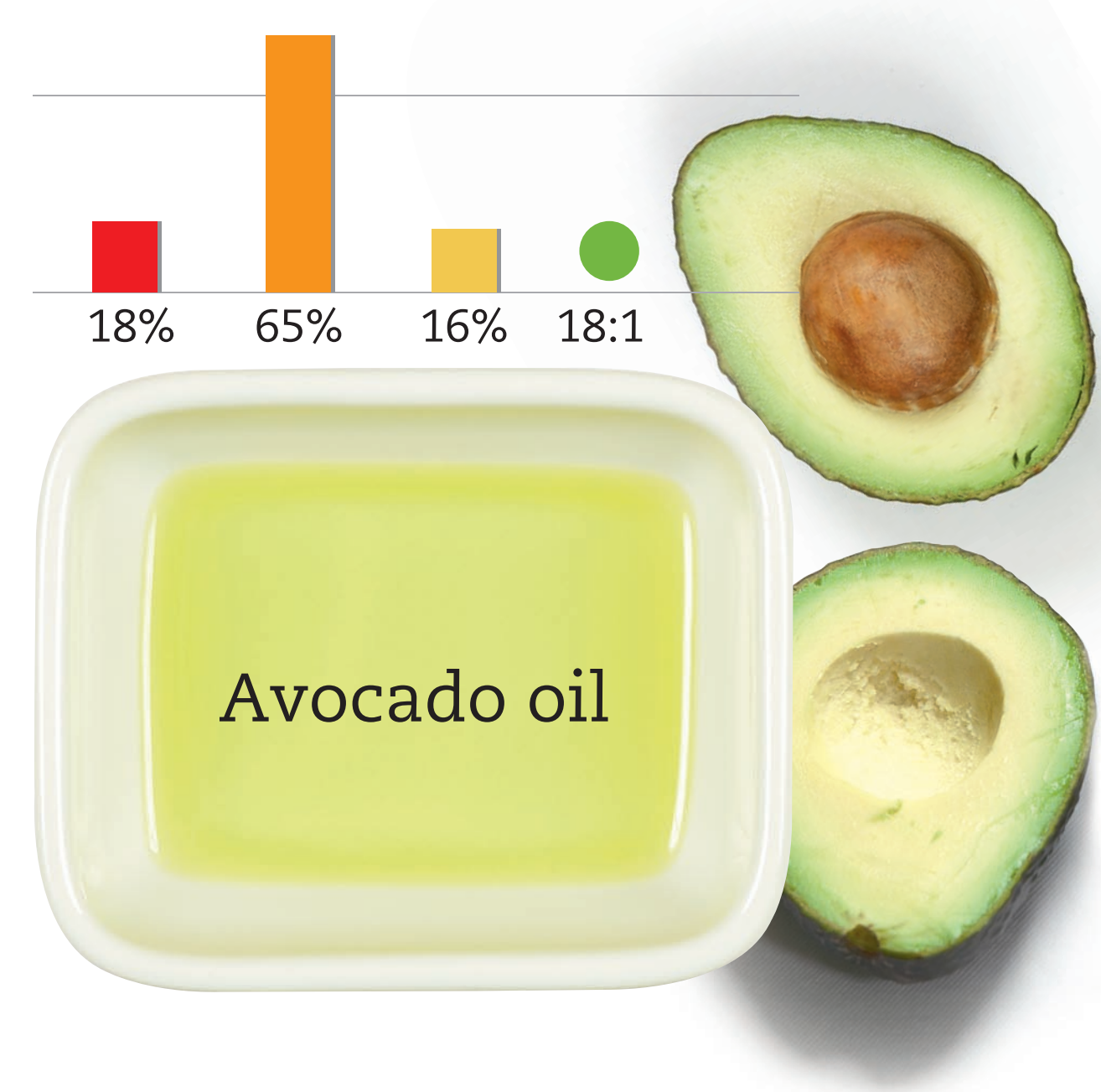
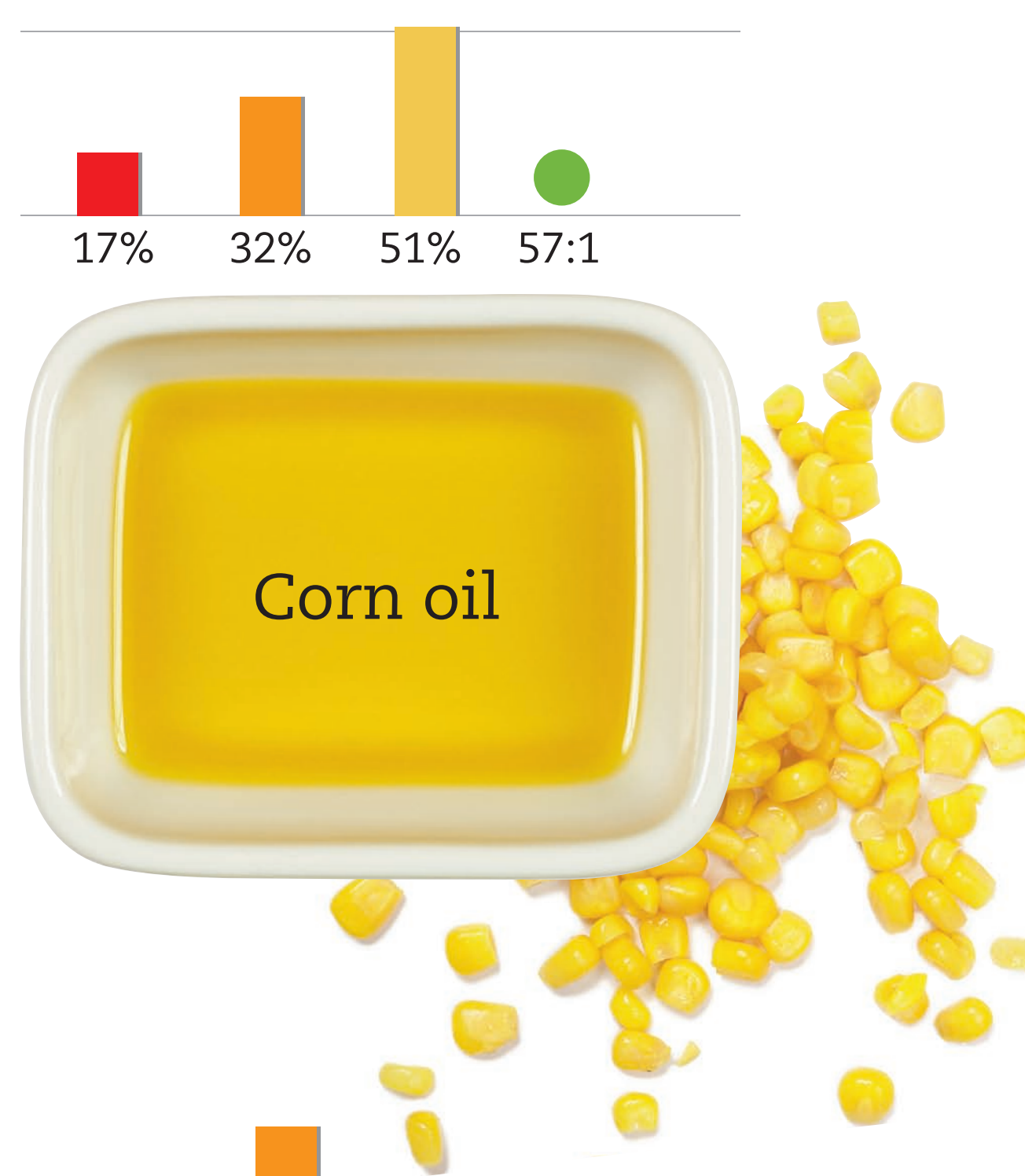
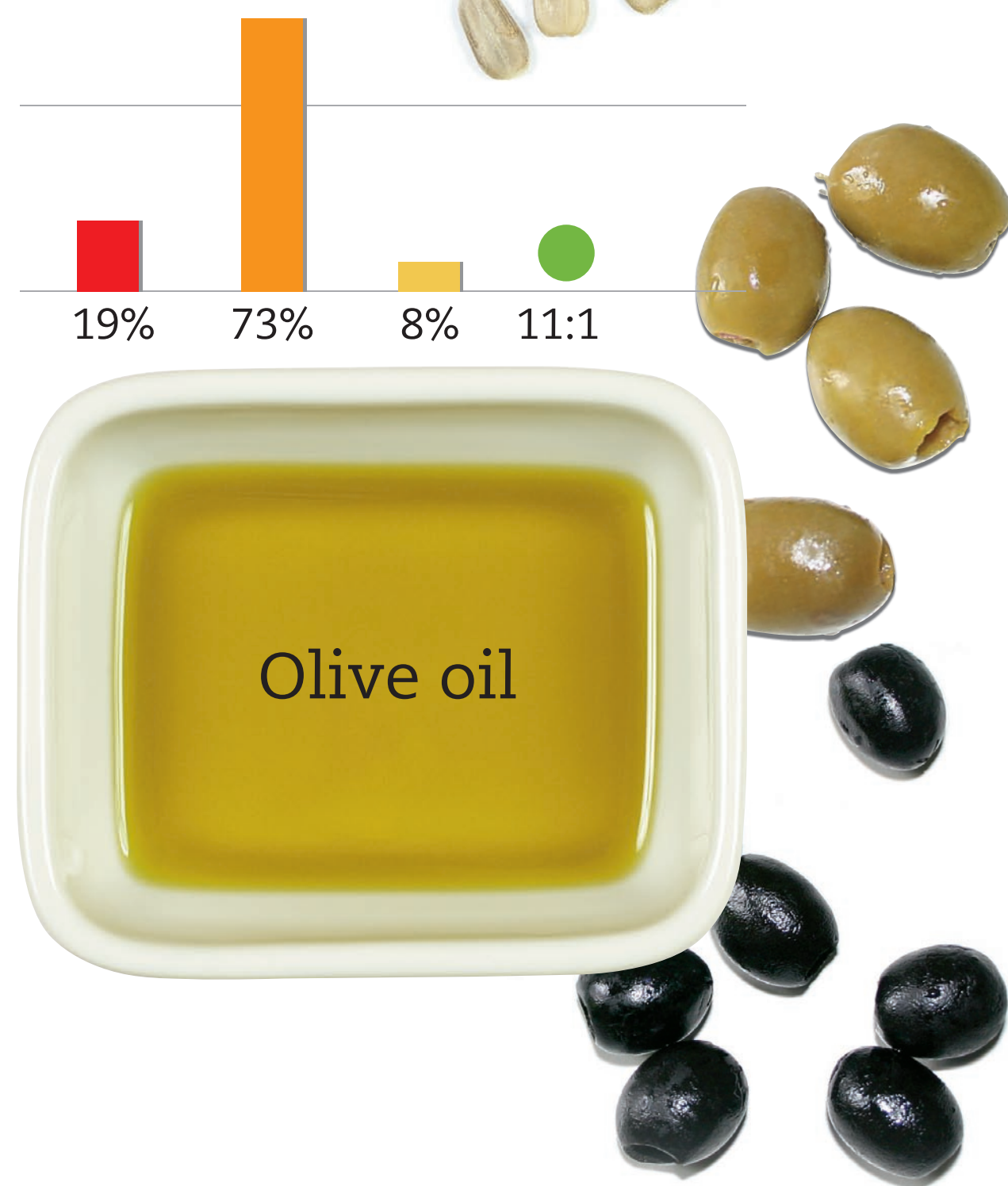
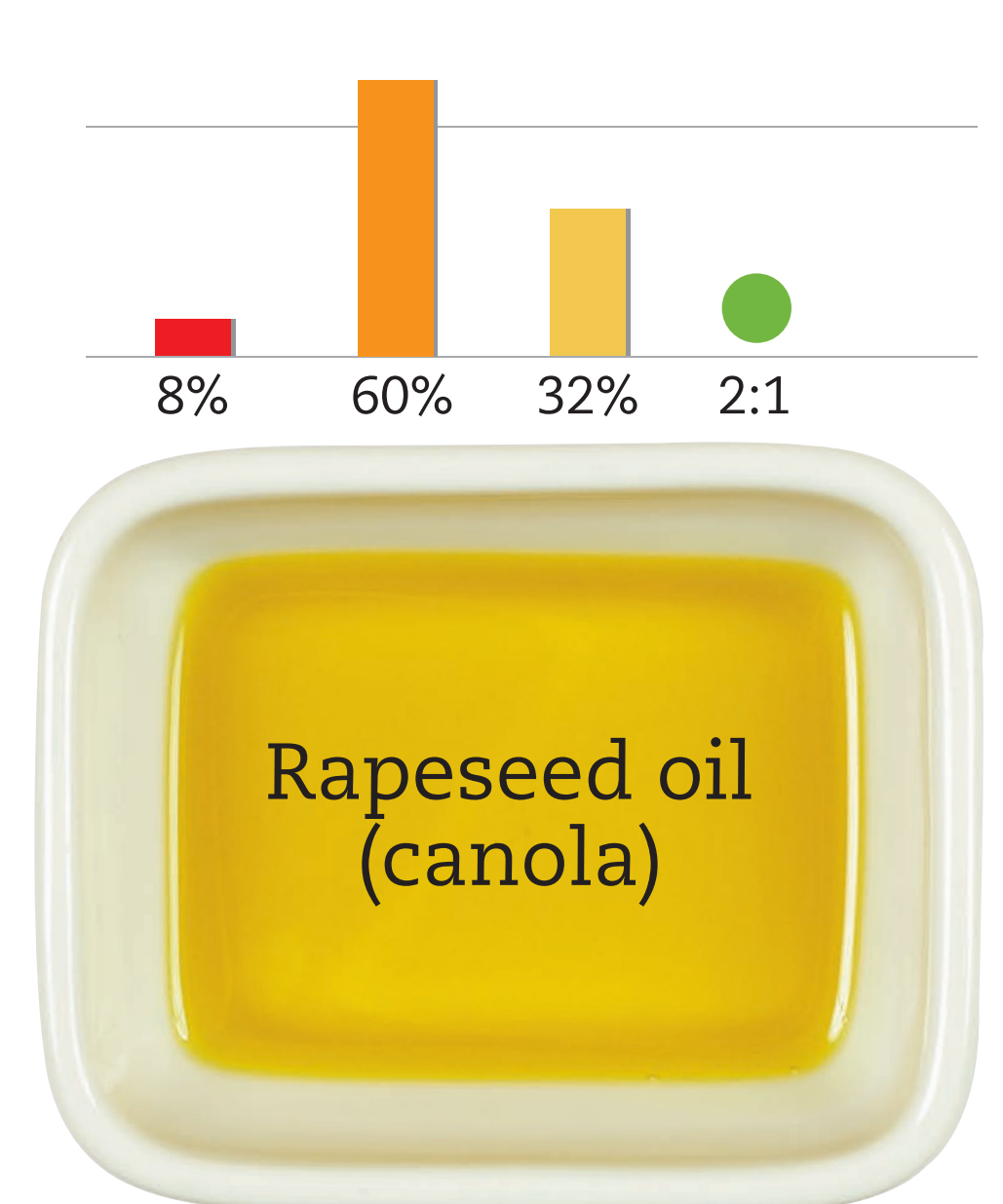
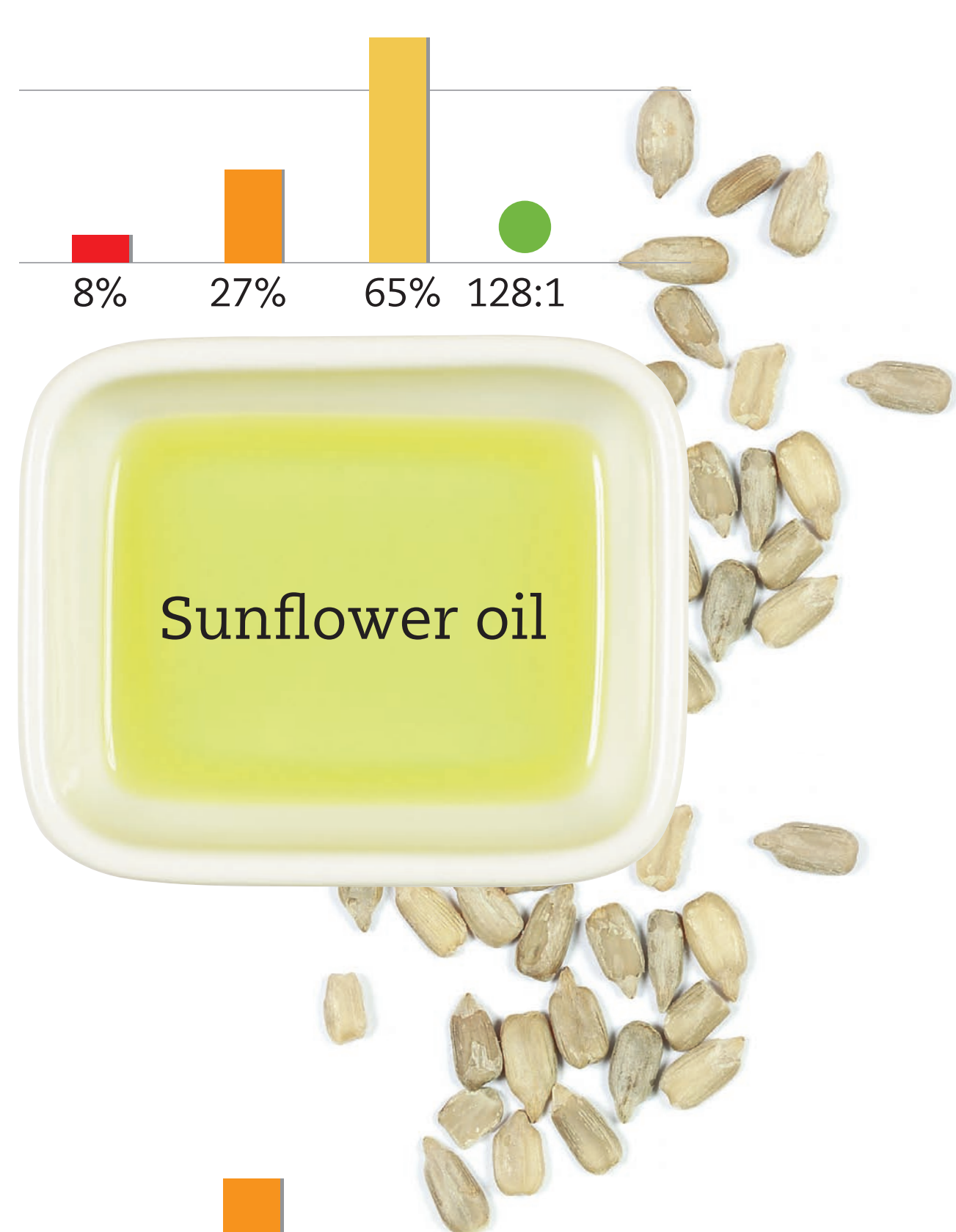
FAT, OIL AND CHOLESTEROL

CONTENTS

- **Basics**
 - What are fats?
 - What are fatty acids?
 - Omega-3- and Omega-6 fatty acids
 - Trans fatty acids
 - What is cholesterol?
 - Where is cholesterol found?
- **Application in the kitchen**
 - Native vs. refined oils
 - Tips for some special oils / fats

Average percentage of fatty acids in fats and oils

■ Saturated fatty acids ■ Monounsaturated fatty acids ■ Polyunsaturated fatty acids ● W6/W3 ratio



Type of fatty acids and their effects on blood-cholesterol levels

| Type of fatty acid | Main source | Effect of cholesterol levels |
|-----------------------------|---|------------------------------|
| Monounsaturated fatty acids | Olive, rapeseed, peanut oil; nuts, e.g. cashews, almonds, peanuts; avocados | LDL ↓ HDL ↑ |
| Polyunsaturated fatty acids | Corn, sunflower, soybean, safflower, rapeseed oils; fish (e.g. salmon and tuna) | LDL ↓ HDL ↑ |
| Saturated fatty acids | Animal products, i.e. whole milk, butter, cheese, ice cream; chocolate; coconut, palm and palm kernel oil | LDL ↑ HDL ↑ |
| Trans fatty acids | Most margarines; vegetable shortening; partially hydrogenated vegetable oils; chips; industrialised food; natural milk products | LDL ↑ HDL ↓ |

LDL = Low-density Lipoprotein (bad) HDL = High-density Lipoprotein (good)

