Evaluation of Health Value of Fats and Oils

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Abstract

The fat content and fatty acid composition (saturated, mono- and polyunsaturated in cis and trans configuration) in selected food products was determined. From over 2000 products investigated in recent years, results are given for some soft and hard margarines, oils and butter as well as butter-like products. It has been found that food products are distinguished by very high diversification with regard to fat content, in terms of both quantity and quality. This differentiation was particularly evident in the groups of margarines, mixed fats and confectioner's products.

Key words: fat content, margarines, oils and butter, health value