

## عنوان مقاله:

Trans Fatty Acids Contents among Selected Foods in Western Iran

## محل انتشار:

مجله بین المللی علوم بهداشت و زندگی, دوره 2, شماره 1 (سال: 1395)

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## خلاصه مقاله:

Effects of dietary fatty acids on health status depend on types and amounts of consumed fatty acids. Trans fatty acid intake is directly associated with increased risk of coronary heart disease. This study was aimed to determine the amount of fatty acids in some consumed snacks and dairy products in Kermanshah, I. R. Iran. 19 different types of foods including cakes, sweets, and dairy products were randomly purchased from all five regions of Kermanshah city. The fatty acids were extracted using the Folch method and then were analyzed using gas chromatography. The results showed that snacks, coffee mate, biscuits and cakes contained the highest levels of trans fatty acids, ranging from 6.95 % to 13.94 %. Among dairy products, trans fatty acid content of ice cream samples was remarkable. The highest levels of saturated fatty acids were observed in coffee mate, chocolate, and subsidized milk. The lowest short-chain fatty acid contents were found in ice cream and yogurt respectively. In conclusion, the results of the present study revealed that dietary trans fatty acid levels are relatively high in foods, which could be due to the hydrogenated oils used in food preparation

## کلمات کلیدی:

,Trans fatty acids,TFA,Dairy products,Folch method,Snacks,GC

## لینک ثابت مقاله در پایگاه سیویلیکا:

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