

# Application note 13 method aocs cd 16b 93 fat

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**What is the solid fat content method?** The direct Method The TD-NMR analysis is based on the fact that the signal from the solid component decays very quickly, whereas the signal from the liquid component is preserved significantly longer. The SFC value is defined as the ratio of the signal from the solid component divided by the total NMR signal.

**What is the solid fat index test?** The SFI of a fat is measured using a dilatometer that measures the expansion of a fat as it is heated; density measurements are taken at a series of standardized temperature check points. The resulting SFI/temperature curve is related to melting qualities and flavor.

**What is solid content determination in fats by NMR?** Solid Fat Content determination by NMR is based on direct ratio measuring between the solid and liquid parts of the sample. Single measurement requires less than 30 second. SFC value is determined for several temperatures starting from 0 °C, behavior of obtained melting curve described content and quality of fat.

**What is solid fat content and explain the usefulness of this measurement?** Solid Fat Content is the percentage of solids in fat at specified temperatures. Solid Fat Content (SFC) is an important characteristic that can influence appearance, flavor release, melt rate, shelf life and stability of fat based food products.

**What are the 2 methods for measuring solid fats?** Solid fats, such as butter, margarine, or shortening, can be measured in several different ways. Two of the easiest are the stick method and the dry measuring cup method.

**What are the three types of solid fats?** Solid fats, also called saturated fats, are fats that are solid at room temperature, such as beef fat, butter, and shortening.

**What is a good amount of SAT fat?** The 2015–2020 Dietary Guidelines for Americans recommends limiting calories from saturated fats to less than 10% of the total calories you eat and drink each day. That's about 200 calories for a 2,000 calorie diet.

**What is a good body score?** The health score provides an overall score for your body, taking into account height, age, weight and gender information. It is calculated out of 100; the higher the score the better. A normal health score should be between 70-80, anything lower than a 60 is considered a health risk.

**What should my fat mass index be?** “There is a healthy range for body fat percentage, but there are differences to consider, like age or gender. A healthy body fat range is 25-31% for women and 18-24% for men; this doesn't consider age or athletic status.”

**What is the significance of solid fat content?** The Solid Fat Content (SFC) of a vegetable oil blend is responsible for many fundamental characteristics of fatty foods, such as physical appearance, organoleptic properties and spreadability, also influencing plasticity of an edible oil product (Rao et al., 2001).

**What is the formula for fat content determination?** How to calculate fat % ?  
formulae used : % Crude fat =  $(W2 - W1) \times 100/S$ .

**How do you determine solid content?** Solid content is calculated by comparing the mass of the solid substance with the total mass of the liquid sample. Post-dissolution determination method: the liquid sample to be tested is completely dissolved, and appropriate analytical methods (such as spectroscopy, colorimetry, specific gravity, etc.)

**How do you calculate solid fat content?** The Direct Method Simple arithmetic yields the percentage of Solid Fat which is given by  $(S0 - S70)/S0 \times 100$ . In practice, it is not possible to take a measurement at point S0, immediately after the 90° radio frequency (RF) pulse.

**How do you analyze fat content?** A sample's fat content is generally determined quantitatively by means of extraction using a lipophilic solvent. The free fat is recorded by direct extraction, without prior digestion. The most commonly used extraction method is solid/liquid extraction. The prepared sample is extracted using the solvent.

**What is solid fat content analysis method?** The NMR method is the only officially approved method for SFC determination. It is superior to the tedious and time-consuming method of dilatometry, which is used to derive the Solid Fat Index (SFI) values.

**What are the four methods for measuring fat?** The most common assessments are anthropometric and include weight, stature, abdominal circumference, and skinfold measurements. More complex methods include bioelectrical impedance, dual-energy X-ray absorptiometry, body density, and total body water estimates.

**What is the best way to measure fat?** 1. Skinfold Calipers. Skinfold measurements have been used to estimate body fat for over 50 years ( 1 ). Skinfold calipers measure the thickness of your subcutaneous fat — the fat underneath the skin — at certain body locations.

**What is the stick method of measuring fats?** Stick method: This method is used for fat that comes in 1/4-pound sticks, such as butter or margarine. The wrapper is marked in tablespoons and in fractions of a cup. Simply cut off the amount needed. Dry measuring cup method: Pack the fat down into the cup, pressing firmly to remove air bubbles.

**Which type of fat is bad for health?** Two types of fats — saturated fat and trans fat — have been identified as potentially harmful to your health. Most of the foods that contain these types of fats are solid at room temperature, such as: butter.

**What oils should you avoid in food?** The oils which should be avoided for cooking are oils like soybean, corn, canola, sunflower, and safflower. These oils have unstable fats and will decimate the nutritional properties of your food. Oh, and they'll give you a big fat health risk in the meantime.

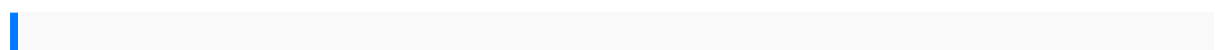
**What foods are high in solid fats?** Solid Fats are high in saturated or trans fats, which are found in butter (milk fat), beef fat, chicken fat, pork fat (lard, bacon), stick margarine, and shortening.

**What is the fat content method?** The Soxhlet method for determining crude fat content is a lengthy process requiring up to a day for a single analysis. The solvent extraction step alone takes six hours. The method is therefore not favoured for routine testing purposes in the meat industry, rather it is used as a standard reference method.

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**What is SFI determined by?** The DSC technique is now widely used to determine solid-liquid ratios in fats, called the Solid Fat Index (SFI). This method is based on measuring the heat of fusion successively at different temperatures. By reference to the total melting heat, the fraction of fat melted is determined.

**What is sfc content?** The solid fat content (SFC) is an important parameter for both quality control and product development for the food industry, especially for the chocolate, margarine, bakery, frying and cookie industries.



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