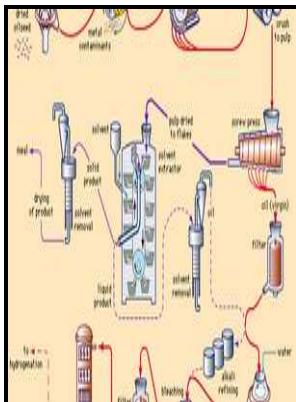


Oils, fats and fatty foods - their practical examination

Churchill - 25 Types of Cooking Fats and Oils: Nutrition Facts, Benefits, Drawbacks



Description: -

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14.10.1: Foods

Palmitic acid is the most abundant of the saturated fatty acids, while oleic acid is the most abundant unsaturated fatty acid. The long chain fatty acids found in fats have low saponification value because they have a relatively fewer number of carboxylic functional groups per unit mass of the fat and therefore high molecular weight. In commercial processes, the number of double bonds that are hydrogenated is carefully controlled to produce fats with the desired consistency soft and pliable.

Simple ways to reduce saturated fat

Learn to love legumes — they fill us up and are loaded with , vitamins and.

Qualitative and Quantitative Tests for Lipids

The pH of the solution in the flask will only change drastically when we reach that point in the titration when only a minute fraction of the hydronium ions remain unconsumed, i.

Fat

Find the pH of the solution in the flask a before any HNO₃ is added; b halfway to the endpoint; c one drop 0. When unsaturation is present in the fatty acids, due to double bonds there will be kinks in the fatty acid chains and this hinders the compact packing of fatty acid residues. Other technical solutions to modify the properties of oil include blending and fractionation.

Fat

Reweigh the bottle containing oil and dropper to find out the exact quantity of the sample transferred. Figure 1: Essential steps in the extracting and refining of edible oil from oilseeds. Arachidonic acid More Biochemistry MCQs Answer key and explanations: 1.

Simple ways to reduce saturated fat

Marine sources include — fish, especially oily fish such as Atlantic salmon, mackerel, Southern blue fin tuna, trevally and sardines. The fatty acid composition varies widely among different vegetable oils, and technical processes, like hydrogenation and interesterification, are used to obtain preferred characteristics.

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