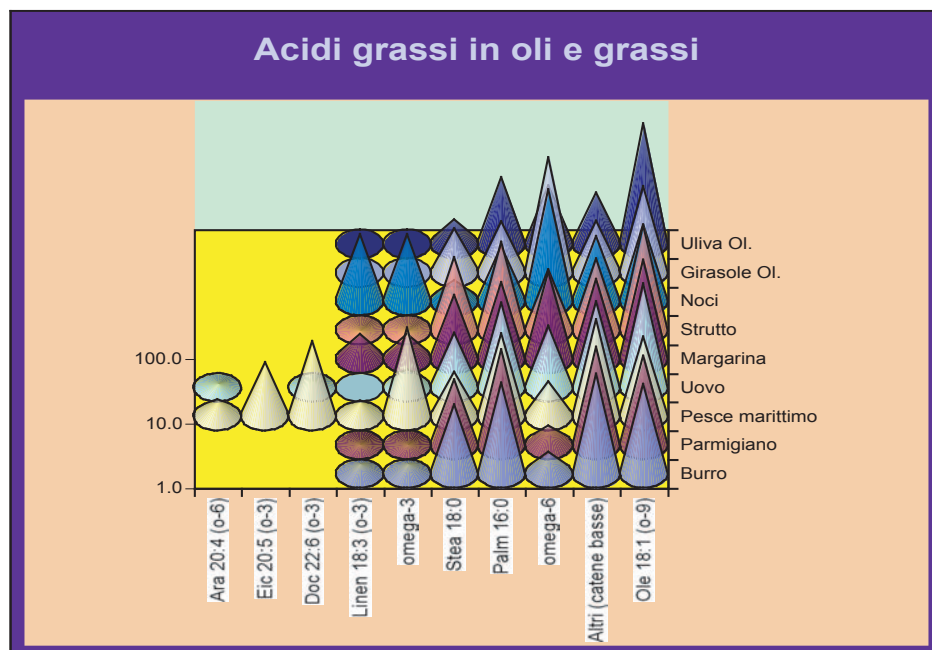


# Acidi grassi in lipidi alimentari

Alimento	Nome	Acido grasso												
		Palm 16:0	Stea 18:0	Ole 18:1	Lin 18:2	Linen 18:3	Ara 20:4	Eic 20:5	Doc 22:6	Vit.E mg	Altri lipidi	?	5-0	1-5
Strutto	99.7	22.9	13.3	41.1	8.6	1.0				2.0	12.8	41.1	8.6	1.0
Carne maiale	8.9	2.1	1.1	3.6	0.6	0.1	0.1				1.4	3.6	0.6	0.1
Carne manzo	4.4	1.1	0.5	1.7	0.1	0.1	0.0				0.9	1.7	0.1	0.1
Carne volatili	5.6	1.0	0.2	1.6	1.2	0.1					1.6	1.6	1.2	0.1
Insaccati	24.4	5.8	3.0	10.0	1.6	0.1	0.1				3.8	10.0	1.8	0.1
Salumi	49.7	11.7	6.0	20.4	3.3	0.3	0.3				7.7	20.4	3.6	0.3
Trota	2.7	0.3	0.1	0.5	0.1	0.1	0.0	0.2	0.3		1.2	0.5	0.1	0.6
Pesce maritt.	15.5	3.0	0.8	2.7	0.3	0.3	0.3	1.1	2.3		5.0	2.7	0.5	3.6
Uovo	11.2	2.3	0.8	4.5	0.9	0.1	0.1		0.1	0.7	2.4	4.5	1.0	0.2
Latte	3.6	0.9	0.4	0.9	0.1	0.0					1.3	0.9	0.1	0.0
Form. Parm.	28.9	8.7	3.0	7.0	0.6	0.3					9.4	7.0	0.6	0.3
Burro	83.2	21.1	9.7	20.1	1.8	1.2				2.0	29.3	20.1	1.8	1.2
Margarina	80.0	12.2	7.8	26.8	17.6	1.9				10.0	13.7	26.8	17.6	1.9
Marg.diet.	80.0	6.7	7.5	10.9	46.3	0.4					8.2	10.9	46.3	0.4
Arachidi Ol.	100.0	10.0	2.8	52.5	23.9	1.3				17.0	9.5	52.5	23.9	1.3
Lino Ol.	100.0	6.2	3.4	17.2	13.4	55.3				2.0	4.5	17.2	13.4	55.3
Oliva Ol.	100.0	10.8	2.4	71.7	8.0	1.0				12.0	6.1	71.7	8.0	1.0
Soia Ol.	100.0	9.5	3.4	20.1	53.4	7.6				15.0	6.0	20.1	53.4	7.6
Girasole Ol.	100.0	6.2	4.8	21.9	60.2	0.5				55.0	6.4	21.9	60.2	0.5
Fiocchi d'avena	7.0	1.2	0.1	2.6	2.6	0.1					0.4	2.6	2.6	0.1
Fagioli secchi	1.6	0.2	0.0	0.1	0.3	0.6					0.3	0.1	0.3	0.6
Soia secca	18.1	1.6	0.6	3.8	8.7	1.0					2.5	3.8	8.7	1.0
Noci	62.5	4.4	1.3	9.6	34.1	6.8					6.3	9.6	34.1	6.8
Marg.veget.	80.0	10.7	4.9	27.5	23.1	2.4				16.0	11.4	27.5	23.1	2.4



## Acidi grassi essenziali

Fabbisogno giornaliero (gr)	?	?	?	?	?	?	?	?	?	?	5.0	1.5
Contenuti in gr / 100gr (%) (kCal/100gr)	<b>Palm 16:0</b>	<b>Stea 18:0</b>	<b>Ole 18:1 0-9</b>	<b>Lin 18:2 0-6</b>	<b>Linen 18:3 0-3</b>	<b>Ara 20:4 0-6</b>	<b>Eic 20:5 0-3</b>	<b>Doc 22:6 0-3</b>	<b>Altri</b>	<b>0-9</b>	<b>0-6</b>	<b>0-3</b>

### Alimento

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