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COMPARATIVE STUDY OF THE NUTRITIONAL VALUE OF VEGETABLE OILS

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Abstract:

In the food industry a crucial role is played by vegetable oils, making significant contributions to the energy provided in the human diet but it is important to highlight the nutritional benefits of certain products. Vegetable oils are a source of fatty acids (such as omega-3 and omega-6), which are crucial for the human body. The Food and Agriculture Organization (FAO) recommends consuming an average of 55 grams of fat each day for a healthy, balanced meal. The average annual consumption of vegetable oil in Romania is 13 liters per consumer, more than the average annual oil consumption on any other EU country. The aim of the study was to compare nutritional values of some vegetable oils obtained by cold pressing, including sunflower, walnut, olive and pumpkin oils. Sunflower oil is high in omega-6 fatty acids. It also has a high calorific value. It has 884 kcal per 100 grams. Cold-pressed walnut oil has approximately 900 kcal per 100 grams. It is a rich source of unsaturated fats, including omega 3 and omega 6 fatty acids (linoleic acid). Consuming walnut oil increases your intake of essential fatty acids, essential for healthy skin. Extra virgin olive oil is part of the omega 9 oil category and has 824kcal/100 grams. It is a good gastric dressing. It also has an anticoagulant effect. Pumpkin oil is rich in linoleic acid, which is a type of omega-6 fatty acid that has been linked to improved heart health and blood sugar control. In conclusion, not all fats are harmful to human health, but it is important to consume them in moderate amounts.

Keywords: vegetable oils, nutritional value, fatty acid