



Alimentary and dietary importance of the vegetal oils

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The alimentary, dietary and therapeutical value of the vegetal oils is explained by their complex composition that combines a very large palette of active components and special features to stimulate body immunity, eliminate toxins and re-establish the energetic balance. By their practical use and their balanced chemical composition, the oleaginous plants are largely spread being cultivated in a higher or smaller proportion all over the world. In the current diet, the most used vegetal oils are the ones coming from the sun flower seeds, soy, rape, olive tree and palm tree. There is also the perspective and production of bio-diesel. Edible oils contain a significant quantity of vitamins F also called anti-dermic vitamins. They are represented by the essential fat acids: linoleic, linolenic, arahidonic. The first two are found in the food oils of vegetal origin. Vegetal oils especially the crude ones contain carotenes, the richest being the palm tree oil with values of 50 mg α and β carotenes/ 100g. The white box thorn oil is also an important source of carotenes. These contribute to the anti-oxidant system for the defense of the body against the free radicals. Poorer in carotenes are the nut oil, pea nut oil, sun flower oil and the grape oil. Certain essential acids (arahidonic acid) may be converted in the body, in prostaglandins, substances with a strong physiological and pharmaco-dynamic activity. Vegetal oils contain in different ratios saturated, mono and polyunsaturated fat acids. An ideal vegetal grease must contain equal quantities of the three acid categories. The palm oil, the soy oil and the rape oil are close to this ideal ratio.