

Oils and fats: controlling consumption

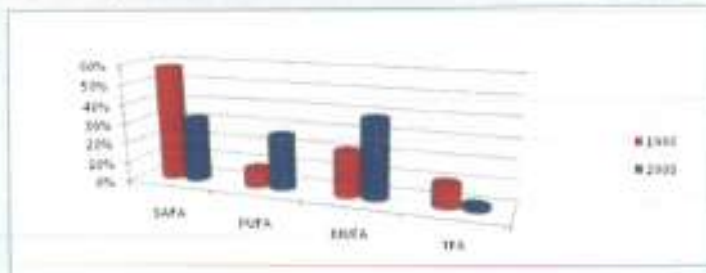
Worldwide concerns about obesity and trans-fatty acids are among the headlines appearing in our daily news leaving food processors in need orientation. Oils and fats are influencing the sensorial properties of food and essential, for example, for the function of the metabolism across cell membranes and the formation of hormones. Due to their energy content the consumption should be controlled:

The recommended daily intake (DI) for oils and fats is as follows:

- Total energy from fat: <30 percent of DI.
- Saturated fatty acids (SAFA): <10 percent of DI.
- Poly-unsaturated fatty acids (PUFA): 7-10 percent of DI, in a ratio of 5:1 for linolic-acid (n-6) : linolenic-acid (n-3).

- Mono-unsaturated fatty acids (MUFA): >10 percent of DI.
- Trans-fatty acids (TFA): <0,5 percent of DI.

For the reduction of SAFA and TFA Walter Rau has a range of solutions available – among them the high oleic versions of sunflower and rapeseed oil either pure or blended with other products depending on the application. It works – Walter Rau AG has removed a staggering 30 percent or 100 000 000lb/y of SAFA from the food chain in the recent years.



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Natural products for individual solutions

We assist food processors in developing their optimum products in terms of nutrition, functionality and sustainability.

- ✿ Reduction of SAFA and TFA
- ✿ Balancing of Omega-3/-6/-9

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