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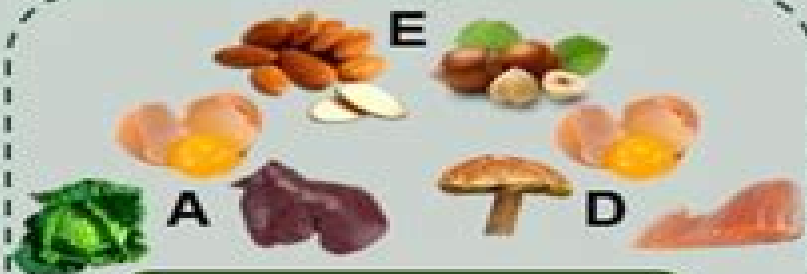
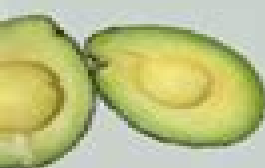


SATURATED
FATTY ACIDS



MONOUNSATURATED
FATTY ACIDS

C,



VITAMINS



STEROLS



POLYUNSATURATED
FATTY ACIDS

ω -6
18:2, 18:3
20:3, 20:4



LIPIDS:
25 - 45%
of total daily caloric intake

TRANS
FATTY ACIDS

t9-18:1, t9-t11 CLA,
c9 t11 CLA, t9 t12 18:2



Food Lipids

Jicheng Xie



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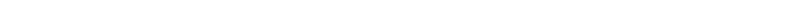
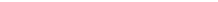
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