

Frequently used vegetable oils in south america: features and properties

Aceites vegetales de uso frecuente en Sudamérica: características y propiedades

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© 2015, Grupo Aula Medica S.A. All rights reserved. In recent decades, the consumption of vegetable oils has increased in our society, being an important part of the diet worldwide. South America is a major producer of an important variety of vegetable oils. The composition of vegetable oils is not standard as it varies greatly in the amount of saturated, monounsaturated and polyunsaturated fatty acids, and particularly in the amounts of omega-6 and omega-3, which are associated with the source either plant species, seed, plant or fruit, providing different nutritional benefits. The purpose of this article is to review and update the data and evidence about the consumption of oils produced and commercialized in South America, such as soybean oil, corn, palm, sunflower, canola and olive oils, and also to determine health effects from studies related with the topic.