

SPK Consultancy Services

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The data clearly show that there is no significant change in the content of C18:3, alpha linolenic acid (omega-3) in the frying oil samples submitted and used for frying of the various foods. Also, there is no significant change in the formation of trans fatty acids during the frying processes. Frying of vegetables appears to have protective effect probably due to anti-polymerisation properties of some minor components. This oil remarkably shows that there is no change in the ratio of omega-6 to omega-3 fatty acids during the preparation of foods.



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