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Czech J. Food Sci.

**Sakurai H., Yoshihashi
T., Nguyen H.T.T.,**

A new generation of frying oils

Czech J. Food Sci., 21 (2003): 145-151

Traditional edible oils have high polyenoic acid contents, mainly linoleic acid, sometimes with a smaller amount of linolenic acid. Consequently, they are unstable against oxidation, especially under deep frying conditions. Novel high-oleic vegetable oils have been developed which contain low amounts of polyenoic fatty acids. Their relative resistance against oxidation is lower at deep frying temperatures in comparison with storage conditions, however, high-oleic oils were found advantageous for deep frying. High-oleic oils are more stable than low-linolenic oils. High-oleic sunflower, safflower or peanut oils have the best prospects for large-scale applications. The stability can be improved by the addition of antioxidants such as tocopherols.

Keywords:

deep fat frying; frying oils; high-oleic oils;
oxidation

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