

# Food and Beverages

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## Saturated fatty acid and trans fatty acid in unpackaged traditional bakery products in Argentina

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Studies show the relationship between excessive intake of saturated fatty acids (SFA) and trans fatty acids (t-FA) and risk factors associated with cardiovascular disease. For this reason, the American Heart Association (AHA) and the World Health Organization (WHO) recommend limiting SFA and t-FA intake. Mercado Común del Sur, require both types of FA to be declared in the nutrition label. Argentine Food Code (CAA) states that the content of industrial t-FA should not exceed 5% of total fat and also requires declaring their presence when they exceed 0.2 g/serving. However, the legislation does not include unpackaged foods such as traditional bakery products. The aim of this study was to quantify SFA and t-FA by gas chromatography in these products. To analyze FA composition a Shimadzu GC-2014 gas chromatograph equipped with FID detector was used. The products were divided in three groups in accordance with similarities in ingredients and final characteristics. Group I was breads: French, whole wheat and oil. Group II was salty biscuits: common and creole. Group III was pastries: vigilante, hojaldre, croissant, tortita negra. Breads complied with the CAA, while the other products exceeded the law. As nutritional labeling is not required in these products, the consumer is not informed about the amount and type of fat they contained and it is probably that AHA and WHO recommendations regarding intake of SFA and t-FA, are exceeded.

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