

# PROPERTIES OF THE OILS



Contrary to popular belief, fats are not bad but are essential for our health in the correct amount and proportion, if they are consumed along with other nutritious substances. It is the composition of the fat that is fundamentally important; the make-up of its basic components: fatty acids.

There are two types of fatty acids:

- **Saturated fatty acids.**
- **Unsaturated fatty acids, which in turn are divided into two different types: Monounsaturated and Polyunsaturated.**

To explain, the following table shows the presence and percentage of the different fatty acids in different types of fat.

FATS	SATURATED	MONOUNSATURATED	POLYUNSATURATED
Olive oil	10	85	5
Sunflower oil	9	25	66
Soya oil	14	29	57
Corn oil	15	34	51
Cocoa butter	60	38	2
Palm oil	47	43	10
Lard	43	43	14
Beef tallow	45	49	6
Butter	61	32	7

(Percentage presence of the different fatty acids in different types of fats)

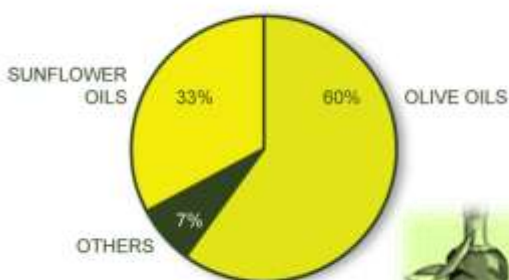


## OIL CONSUMPTION IN SPAIN



In Spain, the consumption of vegetable, solid or semi-solid fats as a category other than liquid vegetable oils, is very low and is essentially limited to certain industrial products, though not all, since liquid vegetable oils also play an important role in the manufacture of industrial products.

The direct consumption of oil, in homes as well as in the food service industry and institutions in general, can be split between two different types of vegetable oils: olive oil, and what is generally known as seed oils.



TOTALS	Consumption in Tons
Olive Oil	507.000
Sunflower Oil	281.000
Other seed oils	62.000
<b>TOTAL</b>	<b>850.000</b>

