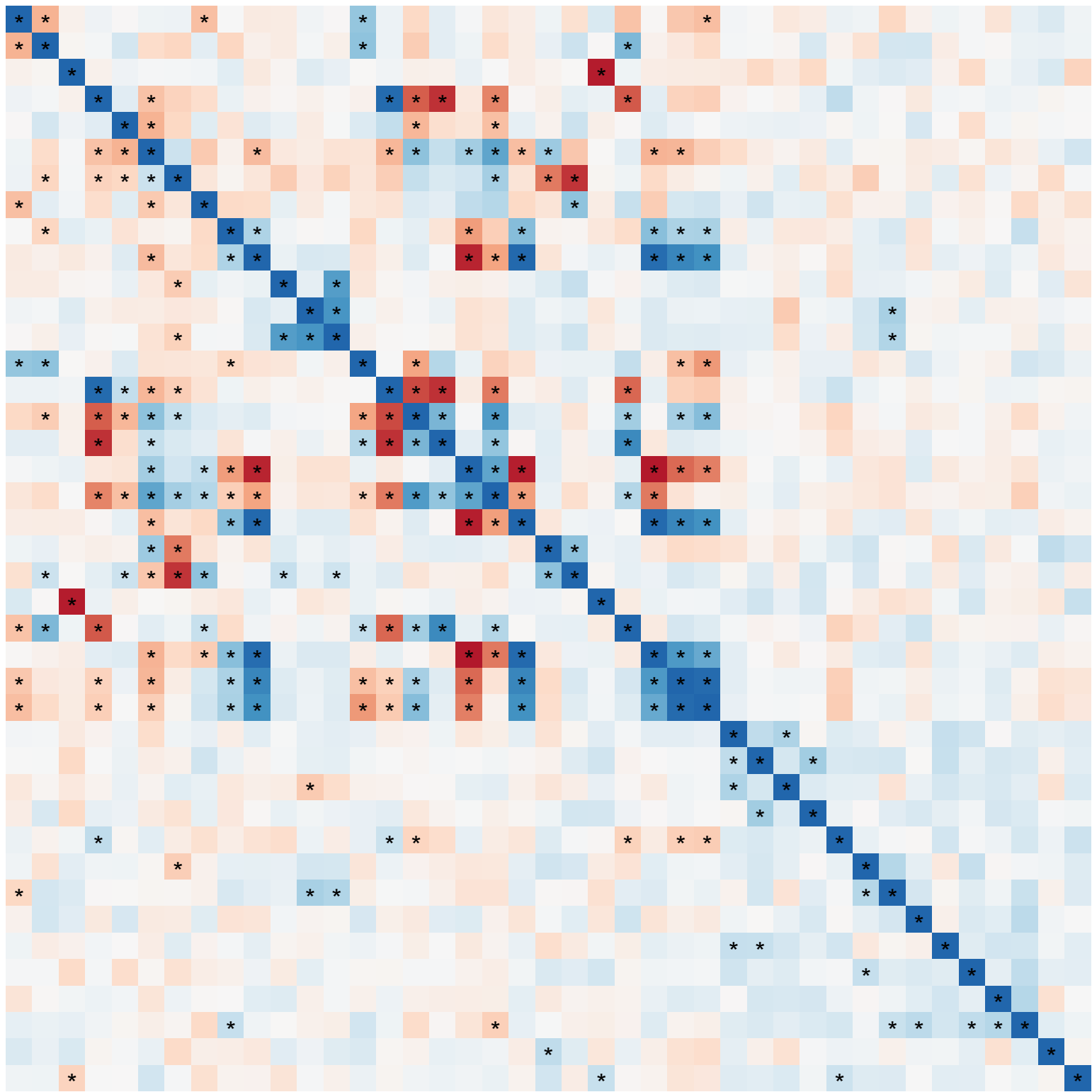
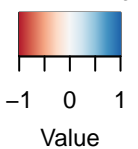


Color Key



16:0
18:0
16:1(9c)
18:1(9c)
18:1(11c)
18:2
20:3
20:4
20:5
22:6
18:1 trans
20:4 trans
Total Trans FA
Total SFA
Total MUFA
Total PUFA
SFA/MUFA
Omega-6/Omega-3
TOT Omega6
TOT Omega3
D6D ELO
D5D 20:4
D9D 16:0
D9D 18:0
PUFA Balance
Peroxidation Index
Unsaturation Index
Frutas (g/day)
Vegetables (g/day)
Cereals (g/day)
Legumes (g/day)
Olive oil (g/day)
Dairy products (g/day)
Eggs (g/day)
Red meat (g/day)
White meat (g/day)
Nuts (g/day)
White fish (g/day)
Oily fish (g/day)
Drinks (g/day)
Juices (g/day)

16:0
18:0
16:1(9c)
18:1(9c)
18:1(11c)
18:2
20:3
20:4
20:5
22:6
18:1 trans
20:4 trans
Total Trans FA
Total SFA
Total MUFA
Total PUFA
SFA/MUFA
Omega-6/Omega-3
TOT Omega6
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D6D ELO
D5D 20:4
D9D 16:0
D9D 18:0
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