

表 1 不同植物油的脂肪酸成分比较

Table 1 Comparison of fatty acid compositions of different vegetable oils

| 油脂来源 Source of vegetable oils | 脂肪酸(%) Fatty acid (%) | | | | | | |
|--|--------------------------|----------------------|---------------------|------------------|----------------------|--------------------------|----------------|
| | 肉豆蔻酸 Myristic acid | 棕榈酸 Palmitic acid | 硬脂酸 Stearic acid | 油酸 Oleic acid | 亚油酸 Linoleic acid | 亚麻酸 Linolenic acid | 其他* Others* |
| 棉籽油 Cotton | 0.6~1.0 | 21.4~26.4 | 2.1~3.3 | 14.7~21.7 | 46.7~58.2 | ND~0.4 | 0.3~1.8 |
| 花生油 Peanut | ND~0.1 | 8.0~14.0 | 1.0~4.5 | 35.0~67.0 | 13.0~43.0 | ND~0.3 | 3.7~11.8 |
| 菜籽油 Canola | ND~0.2 | 2.5~7.0 | 0.8~3.0 | 51.0~70.0 | 15.0~30.0 | 5.0~14.0 | 0.3~9.2 |
| 芝麻油 Sesame | ND~0.3 | 7.9~12.0 | 4.5~6.7 | 34.4~45.5 | 36.9~47.9 | 0.9~1.1 | 0.3~1.0 |
| 葵花油 Sunflower | ND~0.2 | 5.0~7.6 | 2.7~6.5 | 14.0~39.4 | 48.3~74.0 | ND~0.3 | 0.4~4.3 |
| 茶籽油 Camellial | ND | ND | ND | 74.0~87.0 | 7~14 | ND | 7.0~11.0 |
| 红花油 Safflower | ND~0.2 | 5.3~8.0 | 1.9~3.5 | 8.4~21.3 | 76.0~83.2 | ND~0.1 | 0.3~3.5 |
| 大豆油 Soybean | ND~0.2 | 8.0~13.5 | 2.5~5.4 | 17.7~28.0 | 49.8~59.0 | 5.0~11.0 | ND~3.4 |
| 玉米油 Corn | ND~0.3 | 8.6~16.5 | ND~0.3 | 20.0~42.2 | 34.0~65.6 | ND~2.0 | 0.5~4.3 |

注: *: 包括花生酸、花生烯酸、山嵛酸及芥酸等脂肪酸的总和; ND: 不能检出

数据来源: GB1534-2003, GB1535-2003, GB1536-2004, GB1537-2003, GB10464-2003, GB11765-2003, GB19111-2003, GB19112-2003

Note: *: Amount of fatty acids including arachic acid, arachidonic acid, behenic acid and erucic acid, etc.; ND: Not-detected; Data resource: GB1534-2003, GB1535-2003, GB1536-2004, GB1537-2003, GB10464-2003, GB11765-2003, GB19111-2003, GB19112-2003