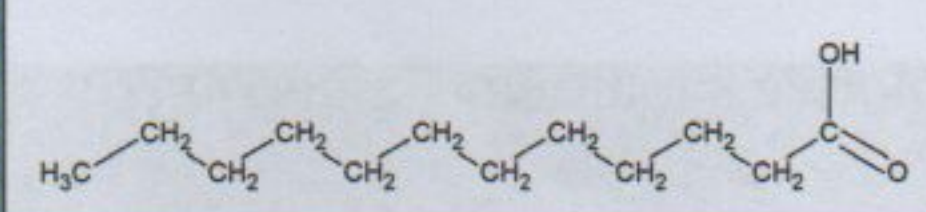
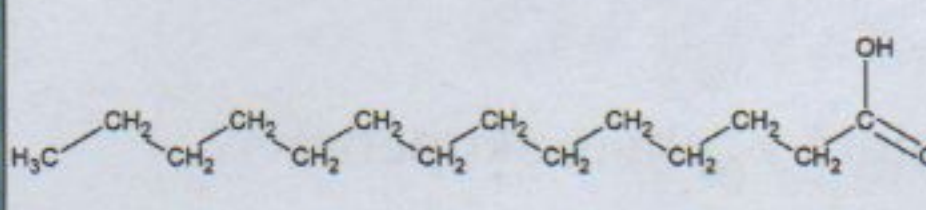
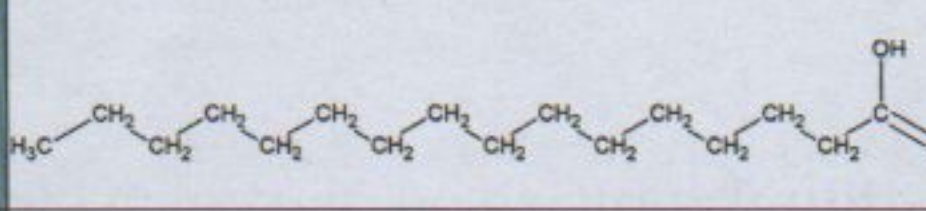
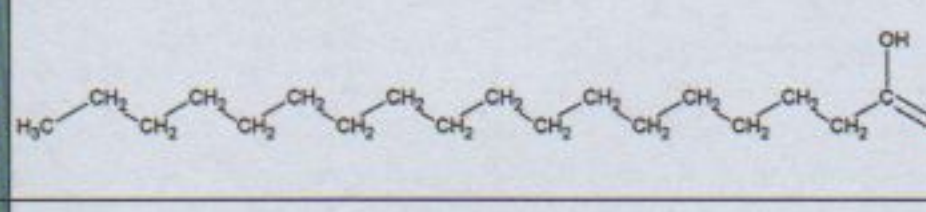
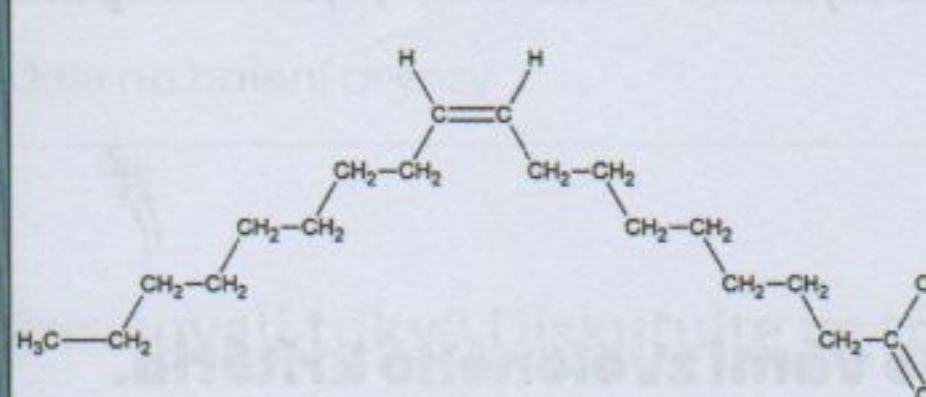
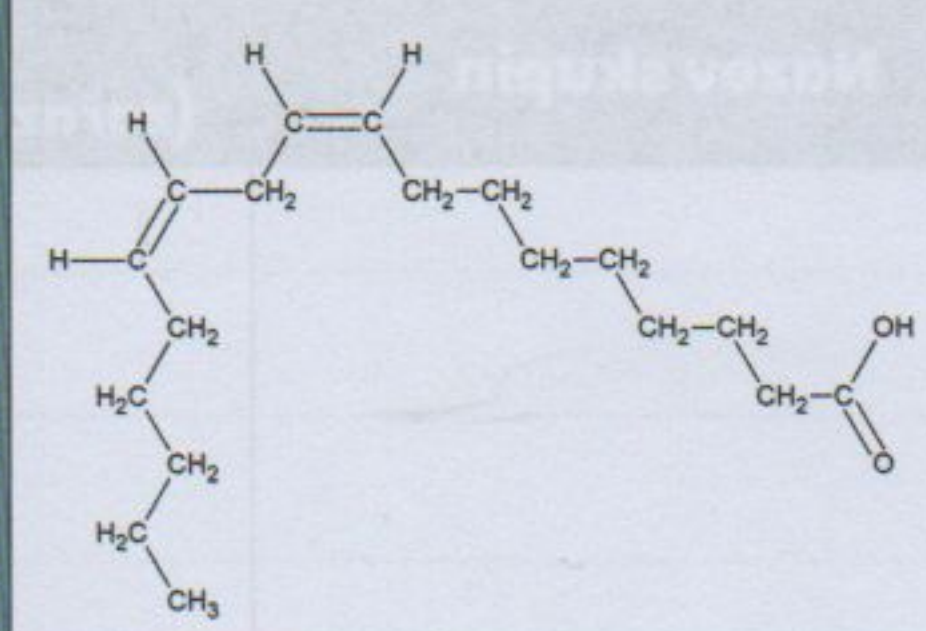
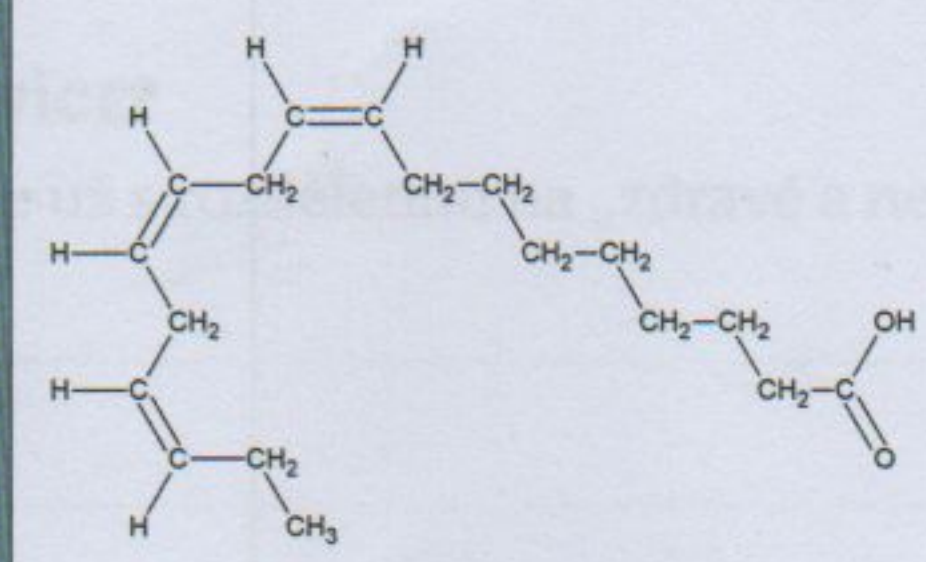


Tab. 21.2 Obsah mastných kyselín v tukách v %

	Struktura	Olivový olej	Řepkový olej	Kokosový olej	Máslo	Vepřové sádlo
<b>NASYCENÉ MASTNÉ KYSELINY</b>	<b>Kyselina laurová</b> 	---	---	47	3	---
	<b>Kyselina myristová</b> 	---	---	18	11	2
	<b>Kyselina palmitová</b> 	13	4	9	27	26
	<b>Kyselina stearová</b> 	3	2	3	12	14
<b>NENASYCENÉ MASTNÉ KYSELINY</b>	<b>Kyselina olejová</b> 	71	62	6	29	44
	<b>Kyselina linolová</b> 	10	22	2	2	10
	<b>Kyselina linolenová</b> 	3	10	---	1	---