



Tipo	Periódico
Título	Evaluation of structured lipids with behenic acid in the prevention of obesity
Autores	Débora Kono Taketa Moreira, Paola Souza Santos, Alessandra Gambero, Gabriela Alves Macedo
Autor (es) USF	Paola Souza Santos, Alessandra Gambero
Autores Internacionais	
Programa/Curso (s)	Programa de Pós-Graduação Stricto Sensu em Ciências da Saúde
DOI	10.1016/j.foodres.2017.03.005
Assunto (palavras chaves)	Anti-obesity lipids; Behenic acid; Arachidonic acid; Docosahexaenoic acid; High-fat diet, hepatic steatosis
Idioma	Inglês
Fonte	Título do periódico: Food Research International ISSN: 0963-9969 Volume/Número/Paginação/Ano: v. 95, p. 52-58, 2017
Data da publicação	May 2017
Formato da produção	Digital https://doi.org/10.1016/j.foodres.2017.03.005
Resumo	Obesity affects all social classes, making it necessary to develop effective products that aid weight loss or help prevent weight gain. The objective of this work was to study the anti-obesity effects of structured lipids (SL) obtained by enzymatic interesterification, based on olive oil, soy oil and fully hydrogenated crambe oil. Twenty-four C57Bl/6 mice were distributed into four experimental groups according to the diet consumed: Control Diet (CD), Structured Lipids Diet (SLD), High-fat Control Diet (HCD), High-fat Structured Lipids Diet (HSLD). The animals that were fed SLs presented a smaller weight gain, despite a larger intake of the diet. The lowest weight gain was reflected in reduced amounts of adipose tissue and lower liver weight. A significant increase in lipids excreted by the animals in the feces was observed, despite there being no sign of toxicity or presence of diarrhea. The animals that consumed the HSLD presented lower total and LDL-cholesterol, increased HDL-cholesterol and increased hepatic arachidonic acid and docosahexaenoic acid levels. In addition, they did not develop hepatic steatosis. The study therefore showed that SLs could play a major role in combating or preventing obesity and other resultant diseases, without producing side effects.
Fomento	