Abstract

Several human clinical trials have now evaluated palm oil's effects on blood lipids and lipoproteins. This concept resulting from these and other findings, there has been a tremendous effort to educate the consumer on the effects of dietary fats and fatty acids. Dietary fats (and fatty acids) are known to modulate plasma lipids and lipoproteins. This concept resulting from these and other findings, there has been a tremendous effort to educate the consumer on the effects of dietary fats and fatty acids.

Introduction

Dietary fats (and fatty acids) are known to modulate plasma lipids and lipoproteins. This concept resulting from these and other findings, there has been a tremendous effort to educate the consumer on the effects of dietary fats and fatty acids.

Historical studies evaluating palm oil effects

One of earliest clinical trials evaluating palm oil was pioneered by Arhens et al. (12) who fed 12 volunteers diets containing 35% saturated fat contributed by two parts of soybean oil and lightly hydrogenated soybean oil and an high oleic safflower oil and an high oleic safflower oil and an

Anderson et al. (4) fed 12 volunteers diets containing 35% saturated fat contributed by two parts of soybean oil and lightly hydrogenated soybean oil and an...
Palm olein versus polyunsaturated oils

Marzuki et al. (15) using young volunteers evaluated the effect of consuming foods containing palm olein compared to other saturated fats on plasma lipids and lipoprotein levels. The human diet contains a mixture of different fats, and therefore mixtures of different fatty acids may have synergistic effects. The significance of trans fatty acids in human nutrition is still under debate, particularly regarding other CHD risk factors. In this context, palm oil is perceived as a suitable alternative to natural fats.

Palm olein versus the monounsaturated oils

Ng et al. (18) evaluated the effects of palm olein and olive oil on serum lipids and lipoproteins in nonhypercholesterolemic volunteers carefully designed to changes in the diet. IV infusion studies investigated the effects of dietary fat on serum lipids and lipoproteins in nonhypercholesterolemic volunteers. The human diet contains a mixture of different fats, and therefore mixtures of different fatty acids may have synergistic effects. The significance of trans fatty acids in human nutrition is still under debate, particularly regarding other CHD risk factors. In this context, palm oil is perceived as a suitable alternative to natural fats.

REFERENCES


Nestel et al. (31) compared a trans elaidic rich fat with a 16:0-rich blend (16:0 contributed mainly from coconut oil) in a double blind study. In contrast to the above studies, Zock et al. (22) reported that replacing 10% en from 16:0 with a 16:1 rich blend (16:1 contributed mainly from palm olein) improved the A1/B ratio signalling some cardiovascular benefits rather than the reverse to be true for palm oil.

Sundram et al. (21) fed 23 healthy normocholesterolemic male volunteers a diet containing 12:0+14:0 occurring naturally in coconut oil and palm kernel oil, and a16:0-rich palm olein diet (3.3% en as 18:2). Controversy continues over the significance of trans fatty acids in human nutrition, particularly regarding other CHD risk factors. In this context, palm oil is perceived as a suitable alternative to natural fats.


