EVALUATION OF TRANS FATTY ACID COMPOSITION IN COTTAGE CHEESE

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Trans fatty acids (TFA), also called trans fat (TF), act as risk factors for coronary artery disease, which increases total cholesterol and low-density lipoprotein cholesterol (LDL-cholesterol), and reduces levels of high-density lipoprotein cholesterol (HDL-cholesterol). This paper is aimed at assessing the composition of AGT in cottage cheese. Eight samples were analyzed in supermarkets in the Curitiba region, State of Paraná. The determination of fatty acid composition was identified by gas chromatography. All analyses of cottage cheese were performed in duplicate. The analyses indicated that in all samples, it was found the presence of trans fat being recorded two varieties of AGT, elaidic acid (trans-octadec-9-enoic acid) and linolelaidic acid (trans-octadec-6-enoic acid). Evaluating the total fat present in cottage cheese, the average of trans fat determined ranged from 2.68% to 3.66%. From the eight brands of cottage cheese analyzed, in three of them it was written in the assessed label the lack of fat trans but the results showed that the quantity displayed is significant in 5% level (p<0.05) and should be placed in the nutrition label of the product for consumer information.