

REPORTAJE ESPECIAL

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Para la Dra. Esther Valencia Díaz, el hecho de que un aceite vegetal sea beneficioso o no, depende de su composición, es decir, el tipo de ácidos grasos que contenga. Estos se dividen en:

Grasas saturadas:

Mantequilla, embutidos, quesos, leche entera y carnes de cerdo, pollo y res.



Grasas poliinsaturadas:

Pescado, nueces, semillas y frutos secos, alimentos que contienen Omega 6, conocido también como ácido linoleico, y Omega 3, como ácido linoléico.



Grasas monoinsaturadas:

Aguaque, aceitunas.



A su vez, estos ácidos grasos contienen dos tipos de omegas que aportan beneficios al organismo:

Omega 6: Reduce riesgos de enfermedades del corazón, nivel de colesterol total, nivel de colesterol malo, aumenta el colesterol bueno y disminuye el riesgo de cáncer.

Omega 3: Beneficia la frecuencia cardíaca, vasodilatación, coagulación sanguínea, lipólisis, el sistema inmune, sistema nervioso central y la regulación hormonal.

“Los aceites aportan ácidos grasos esenciales (ácidos linoleico y linoléico), vitaminas liposolubles (A,D,E y K) y confieren textura al alimento además de aportar aromas. Existe la creencia de que todos son igualmente beneficiosos por el hecho de ser vegetales, en realidad su repercusión sobre la salud dependerá de su composición, la cual, varía según muchos factores como la zona y el modo de extracción. Por ejemplo, el aceite de coco contiene abundantes ácidos grasos saturados (no tan buenos), a pesar de ser de origen vegetal”, explicó la nutrióloga.

Otro aspecto de suma importancia es que un aceite de origen vegetal no debe de sufrir transformaciones, y al hidrogenarse, pierde muchos de sus beneficios naturales, pudiendo incluso inducir cambios del funcionamiento celular que a la larga, provocan el desarrollo de células pre cancerígenas.

Para ejemplificar el contenido de grasas en algunos aceites, ilustramos una tabla para que compares y elijas el que más te convenga.

Comparación de Grasas Alimenticias



Fuente:
Mataix Verdu José. Nutrición y alimentación Humana. Editorial Ergon. 2009.
<https://www.medineplus.gov>

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This issue has really helped me to better understand cultural studies and it's social. Ki-Thang is also in common with other versions of Thangka painting of Tibet. Poems and songs of the oral tradition of Tibet, published by the Oxford University Press.

The Gods Must Be Crazy 4. Romantic music and sound effects form a layer of sound textures over which the lyrics can be heard. He plays the banjo, the guitar and the harmonica and is also a part-time harmonica teacher. Despite the difficulties of working in a language so far removed from his native tongue, he has managed to keep up with the UK, demonstrating his proficiency in both English and Spanish. He is a fluent translator between the two languages, and in his spare time, works as a freelance journalist, freelancing for the Guardian, the Financial Times, The Telegraph and many more national and international media. The authors have performed around the world at festivals such as WOMAD, Edinburgh and Amnesty International concerts and music festivals. The music is by Jerry Donahue and the lyrics by Carl Perkins and two anonymous vocalists. The work was co-written by Peter Bong and Robert Fripp and the songs were arranged and produced by St. Charles Mission. The lyrics were written to fit the rhythms and harmony of the flutes. The songs combine the fast-paced melodies of the original, with rock lyrics written by the band. The songwriting and musical production was credited to Stuart Henry. Ray claims to have had the inspiration for the song when he listened to the film soundtrack while cleaning his swimming pool in Los Angeles. By including her son, Ray hoped to create a harmonious family environment. The song's musical arrangement and arrangement was credited to Jon Kelly. The Kinks were a post-punk, new wave group in the UK. They were formed in by songwriting team Dave Davies and John Dalton who then brought together Ray Davies, Brian Davison, and Pete Quaife. Despite their music being classified as rock music, the band, in the words of Dalton, "are really an entirely British band. Their psychedelic rock style was influenced by groups like the Monkees, the Zombies and the Kinks, with lyrical themes of turmoil, and a fast, energetic vocal style, characterised by Davison's high-pitched squeal. Their psychedelic sound, heavier than their previous releases, helped them achieve success in the UK, especially 82157476af

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