

Fatty acid composition and arachidonic acid intake of selected Saudi foods

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Twenty-eight Saudi Arabian common foods were analyzed for their fatty acid contents by gas-liquid chromatography using capillary column. The predominant fatty acids were oleic, palmitic, linoleic and stearic acids. The polyunsaturated to saturated fats ratio (P : S) as well as the n-3 : n-6 ratio were generally not compatible with recommended values. Assessment of C20 : 4 (n-6) content in those foods showed a noticeable variation ranging from 9mg/100gm in beef sirloin to 256 mg/IQOg in kannad fish. Eicosapentaenoic acid (C20 : 5) n-3 content was highest in kannad (925mg/H)Og). Applying C20 : 4 (n-6) values determined in this work to Saudi Balanced Sheet, the mean C20 : 4 (n-6) intake for a Saudian was estimated as ~ 115 mg/day.