

LIPÍDIOS (=Gorduras)

Ácidos graxos

Classificação segundo o grau de **saturação**:

SATURADOS

MONOINSATURADOS

POLIINSATURADOS

Fontes alimentares

SATURADOS

- Fontes: Carnes, laticínios, coco, chocolate, ovos, gordura vegetal hidrogenada

MONOINSATURADOS

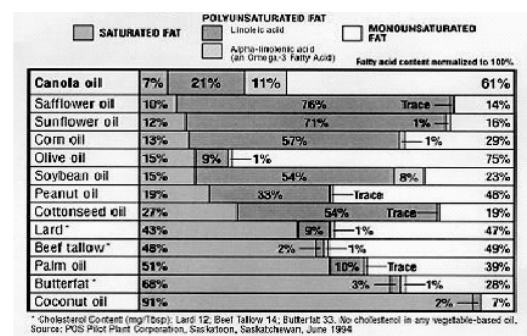
- Fontes: Azeite, azeitona, óleo de canola, frutos oleaginosos (castanhas, nozes, avelãs etc)

POLI-INSATURADOS

- Fontes: Óleos em geral (soja, milho, arroz, girassol)

Dietschy. Am J Clin Nutr 1997;65(suppl):1581S-9S

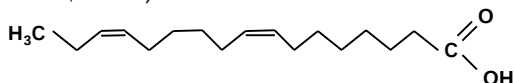
Tipos de lipídios e fontes alimentares



Outros tipos de lipídios a considerar

Ômega-3

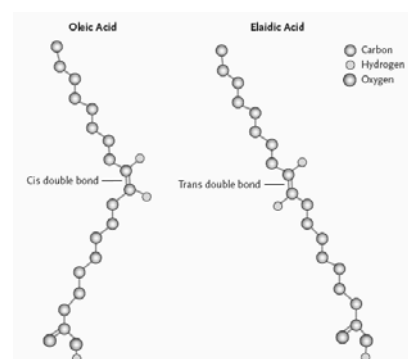
- Fontes: Peixes de águas frias e profundas (salmão, sardinha, atum...).



Trans-isômeros

- Fontes: Gordura vegetal hidrogenada, batata frita, margarina, pães, bolos e biscoitos industrializados

Ácidos graxos trans



Conteúdo de AG trans nos alimentos

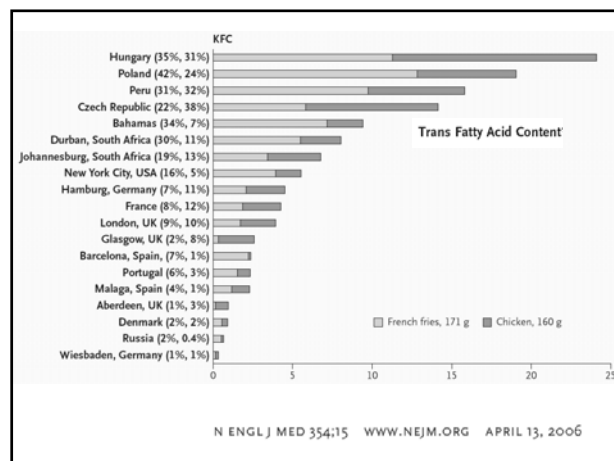
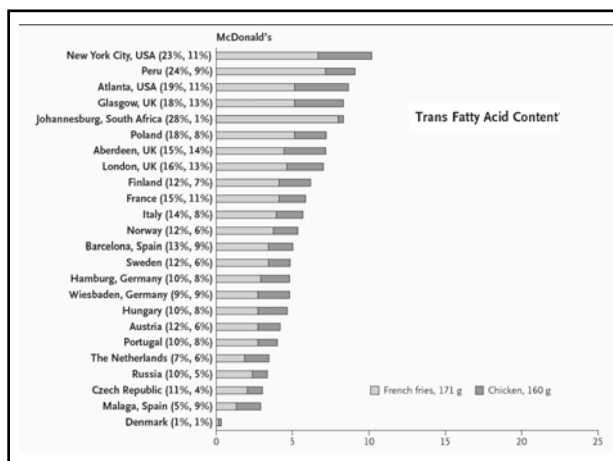
Type of Food	Trans Fatty Acid Content ^a		
	g/Typical Serving	g/100 g	% of Total Fatty Acids
Fast or frozen foods			
French fries†	4.7–6.1	4.2–5.8	28–36
Breaded fish burger‡	5.6	3.4	28
Breaded chicken nuggets‡	5.0	4.9	25
French fries, frozen†	2.8	2.5	30
Enchilada‡	2.1	1.1	12
Burrito‡	1.1	0.9	12
Pizza†	1.1	0.5	9

N Engl J Med 2006;354:1601-13.

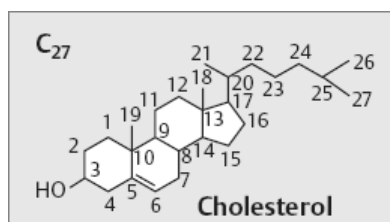
Table 1. (Continued.)

Type of Food	Trans Fatty Acid Content ^a		
	g/Typical Serving	g/100 g	% of Total Fatty Acids
Margarines			
Vegetable shortening†	2.7‡	19.2	19
Hard (stick)†	0.9–2.5	6.2–16.8	15–23
Soft (tub)†	0.3–1.4	1.9–10.2	5–14
Other			
Pancakes†	3.1	2.0	21
Crackers†	2.1	7.1	34
Tortillas†	0.5	1.8	25
Chocolate bar†	0.2	0.6	2
Peanut butter†	0.1	0.4	1

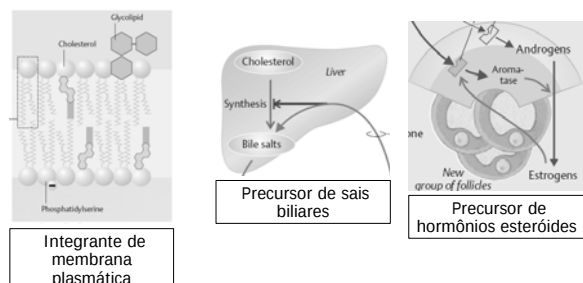
N Engl J Med 2006;354:1601-13.



COLESTEROL

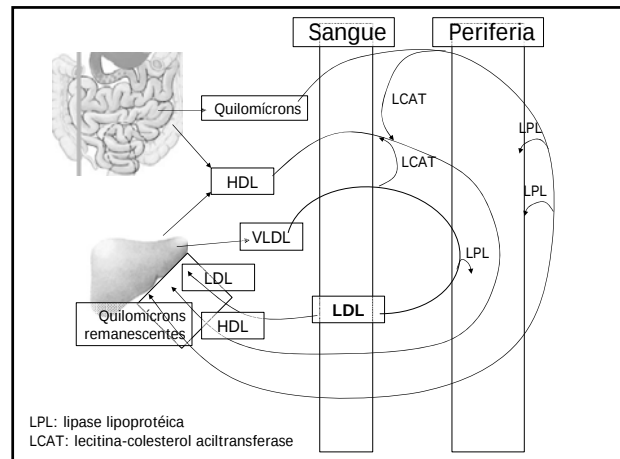


Funções do colesterol



Despopoulos. Color Atlas of Physiology. Thieme. 2003

Ação das Lipoproteínas

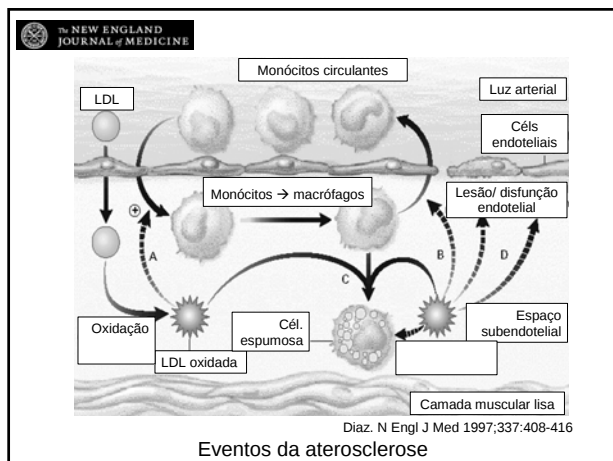


Colesterol total e frações (mg·dL⁻¹)

LDL Cholesterol	
<100	Optimal
100-129	Near optimal/above optimal
130-159	Borderline high
160-189	High
≥190	Very high
Total Cholesterol	
<200	Desirable
200-239	Borderline high
≥240	High
HDL Cholesterol	
<40	Low
≥60	High

ATP III; NCEP (EUA, 2001)

Aterosclerose vs doença arterial coronariana



Efeito do consumo de lipídios sobre as concentrações de lipoproteínas

Saturados:	
↑ colesterol total	↑ LDL
Poliinsaturados:	
↓ colesterol total	↓ LDL e ↓ HDL
Monoinsaturados:	
↓ colesterol total	↓ LDL e ↔ HDL
Trans-isômeros:	
↑ colesterol total	↑ LDL e ↓ HDL
Ômega-3:	
↓ adesividade plaquetária	↓ triacilglicerol