

n-3 AND n-6 FATTY ACIDS OF DIFFERENT OILS AND INGREDIENTS IN FINAL RUTF

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Overview

This spreadsheet contains a table which summarizes the % fat content, % protein and omega 3 (n-3) and omega 6 (n-6) fatty acid percentages of various oils and ingredients used in ready to use therapeutic formulations (RUTF). Oils such as flaxseed are shown on the table to contain a high portion of n-3 fatty acids, while oils like corn display a significant n-6 fatty acid content. Understanding these differences in fatty acid content is important for manufacturers as it impacts which ingredients they may choose to use in the formulation of their RUTF product.

Overall, this spreadsheet is useful for manufacturers looking to understand the % fat content, % protein and omega 3 (n-3) and omega 6 (n-6) fatty acid percentages of various oils and ingredients commonly used in RUTF formulations. Using this spreadsheet can help manufacturers formulate and ensure that their RUTF formulations meet the health and quality requirements they are looking for.

Link to Document

<https://docs.google.com/spreadsheets/d/1MNhwQKEzx7FwVvPtRyh7PPRmw5uYu9lx/edit?usp=sharing&ouid=100998878154644642611&rtpof=true&sd=true>