Group J Oils and Fat

Even though it is tempting to use fat and oils for its taste and rich texture, this group is widely discouraged to be used in excessive amounts. Vegetable oil, animal fat contains saturated as well as unsaturated fatty acids. Animal fat also contains cholesterol.

SLJ001

ENGLISH NAME: Canola oil
SINHALA NAME: කැනෝලා තෙල්
TAMIL NAME: கனோலா எண்ணெய்

SLJ002

ENGLISH NAME: Coconut oil
SINHALA NAME: පොල් තෙල්
TAMIL NAME: தேங்காய் எண்ணெய்

SLJ003

ENGLISH NAME: Corn oil
SINHALA NAME: බඩ ඉරිඟු තෙල්
TAMIL NAME: சோள எண்ணெய்

SLJ004

ENGLISH NAME: Margarine
SINHALA NAME: මාගරීන්
TAMIL NAME: மாஜரின்

SLJ005

ENGLISH NAME: Mustard seed oil
SINHALA NAME: අබ තෙල්
TAMIL NAME: கடுகு விதை எண்ணெய்

SLJ006

ENGLISH NAME: Olive oil
SINHALA NAME: ඔලිව් තෙල්
TAMIL NAME: ஒலிவ் எண்ணெய்

SLJ007

ENGLISH NAME: Palm Olein
SINHALA NAME: පාම් තෙල්
TAMIL NAME: பாம் எண்ணெய்

SLJ008

ENGLISH NAME: Peanut oil
SINHALA NAME: රටකජු තෙල්
TAMIL NAME: கச்சான் எண்ணெய்

SLJ009

ENGLISH NAME: Rice bran oil
SINHALA NAME: සහල් නිවඩිඩේ තෙල්
TAMIL NAME: அரிசி தவிட்டு எண்ணெய்

SLJ010

ENGLISH NAME: Sesame oil
SINHALA NAME: තල තෙල්
TAMIL NAME: நல்லெண்ணெய்

SLJ011

ENGLISH NAME: Soy bean oil
SINHALA NAME: සෝයා තෙල්
TAMIL NAME: சோயா எண்ணெய்

SLJ012

ENGLISH NAME: Sunflower oil
SINHALA NAME: සූර්යකාන්ත තෙල්
TAMIL NAME: சூரியகாந்தி எண்ணெய்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLJ001	Canola oil	900	3700	-	-	100	-	-	-	-	-
SLJ002	Coconut oil	900	3700	-	-	100	-	-	-	-	-
SLJ003	Corn oil	900	3700	-	-	100	-	-	-	-	-
SLJ004	Margarine	750	3080	16	0.30	83.30	-	-	-	-	0.40
SLJ005	Mustard seed oil	900	3700	-	-	100	-	-	-	-	-
SLJ006	Olive oil	900	3700	-	-	100	-	-	-	-	-
SLJ007	Palm Olein	900	3700			100					
SLJ008	Peanut oil	900	3700	-	-	100	-	-	-	-	-
SLJ009	Rice bran oil	900	3700	-	-	100					
SLJ010	Sesame oil	900	3700	-	-	100	-	-	-	-	-
SLJ011	Soy bean oil	900	3700	-	-	100	-	-	-	-	-
SLJ012	Sunflower oil	900	3700	-	-	100	-	-	-	-	-

Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids		
		Total	Caprylic (C8:0)	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Heptadecenoic (C17:1)	Oleic (C18:1)	Eicosaenoic (C20:1)	Erucic (C22:1)	Total	Linoleic (C18:2)	A-Linolenic (C18:3)
		FASAT	F8D0	F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1CN7	F17D1CN7	F18D1CN9	F20D1N9F	F22D1N9	FAPU	F18D2CN6	F18D3N3
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLJ001	Canola oil	6.84	-	-	0.02	0.06	4.31	2.11	0.21	0.07	0.03	63.31	0.04	0.10	61.81	1.19	0.02	28.96	19.95	9.01
SLJ002	Coconut oil	91.08	5.00	5.30	47.17	20.29	9.58	3.65	0.10	-	-	7.63	0.01	-	7.58	0.04	-	1.27	1.27	-
SLJ003	Corn oil	15.40	-	-	-	-	12.01	2.01	0.68	0.30	0.36	28.81	-	-	28.61	0.20	-	55.83	55.03	0.80
SLJ004	Margarine	31.30	0.35	0.12	5.60	2.11	14.80	8.30	-	-	-	27.50	-	-	25.90	0.51	-	15.90	12.80	3.12
SLJ005	Mustard seed oil	5.72	-	-	-	-	2.18	1.17	0.98	1.39	-	67.09	0.16	-	12.18	5.45	49.30	27.19	15.55	11.64
SLJ006	Olive oil	16.22	-	-	-	-	11.95	3.37	0.39	0.45	0.06	75.91	0.69	0.12	74.80	0.30	-	7.83	7.14	0.69
SLJ007	Palm Olein	44.32	-	0.02	0.30	0.85	42.87	3.78	0.04	0.06	-	44.30	0.23	0.03	43.79	0.18	-	11.36	11.18	0.18
SLJ008	Peanut oil	17.40	-	-	-	-	9.25	2.71	1.17	2.54	1.74	50.47	0.07	-	49.40	1.00	-	32.10	31.70	0.19
SLJ009	Rice bran oil	24.10	-	-	-	0.38	19.84	2.00	1.10	0.18	0.60	42.20	0.20	-	42.00	-	-	33.70	33.10	0.60
SLJ010	Sesame oil	17.37	-	-	-	-	10.57	5.90	0.60	0.16	0.14	40.70	0.20	-	40.31	0.19	-	41.93	41.58	0.35
SLJ011	Soy bean oil	15.96	-	-	-	-	11.51	4.08	0.37	-	-	24.16	0.10	-	24.06	-	-	59.88	54.68	5.20
SLJ012	Sunflower oil	11.71	-	-	0.02	0.08	6.53	3.73	0.27	0.78	0.30	26.74	0.12	-	26.41	0.17	0.04	61.55	61.39	0.16