Bölüm
7

BESLENMEDE n-3 ÇOKLU DOYMAMIŞ YAĞ ASİTLERİNİN ÖNEMİ

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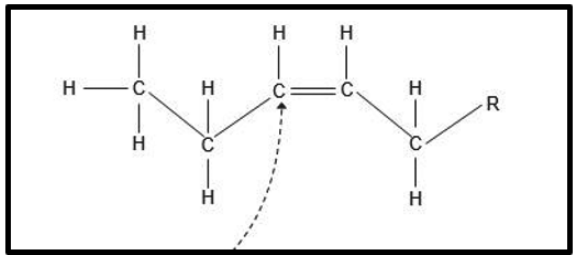
İnsanın sağlıklı bir yaşam sürebilmesi için düzenli, yeterli ve sağlıklı bir beslenme davranışı içerisinde olması gerekmektedir. Bir kişinin iyi bir beslenme davranışından bahsedebilmemiz için aldığı besinlerin karbohidrat, yağ, protein içeriği ve alınan besinlerin miktarları belli bir denge içerisinde olmalıdır. Dengeli bir beslenmede alınan yağların miktarı kadar içeriği de çok önem arzetmektedir. Burada özellikle diet'te n-3 çoklu doymamış yağ asitlerinin önemi üzerinde durulacaktır. Aşağıdaki tabloda gösterilen yağlar diyetin içeriğine göre değişik miktarlarda vücuda alınacaktır.

Tabloda ilk sırada yer alan omega-3 yağ asitlerinin genel formülü Şekil 1'de gösterilmiştir.



Metil ucundan 3.karbon atomu

Şekil 1. Omega-3 yağ asitlerinin genel gösterimi

Tablo 1. Diyetle alınan yağlar, kaynakları ve etkileri

Diyet Yağları	Bulunduğu Besinler	Faydaları Ve Zararları
Omega-3 Yağ asidleri	Balık,ceviz, soya fasülyesi	Antiinflamatuar etki, serum trigliseridlerini düşürücü etki
Tekli doymamış yağlar	Zeytin yağı	Aterojenezi azaltır
Çoklu doymamış yağlar	Sebze yağları	Antiinflamatuar etki
Doymuş yağlar	Doğal beslenen hayvan etleri, süt ve süt ürünleri	Spesifik genetik yatkınlığı olanlarda aterojeneze yatkınlık sağlar
Trans yağlar (Kısmen hidrojenize yağlar)	Sentetik, sadece işlenmiş gıdalarda bulunur	Aterosklerozis, nonalkolik yağlı karaciğer hastalığı
ω-6 yağ asitleri	Mısır ve soya ile beslenen çiftlik hayvanları ve balıklar	Proinflamatuar , aterosklerozis, immün disfonksiyon, insülin rezistansı

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oprotektif özellikleri, beyin gelişiminde ki faydaları gözönüne alındığında diyette mutlaka olması gereken moleküllerdir. Dolayısıyla yeterli ve belli aralıklarda düzenli olarak diyetin n-3 PUFA'larla takviye edilmesi gerekmektedir.

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