

LINOLEIC

Meaning: Linoleic refers to a type of essential fatty acid found in various vegetable oils, important for human health.

1. Linoleic acid is an essential fatty acid that plays a crucial role in human health.
2. Many cooking oils, such as sunflower and safflower oil, are rich in linoleic acid.
3. A diet high in linoleic fatty acids can improve heart health by lowering cholesterol levels.
4. Linoleic is important for maintaining the integrity of cell membranes in the body.
5. Some studies suggest that increased linoleic acid intake may have anti-inflammatory effects.

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