



Erasmus+



EMILIO SERENI
ISTITUTO TECNICO AGRARIO



TIE Project

The bright side of the world

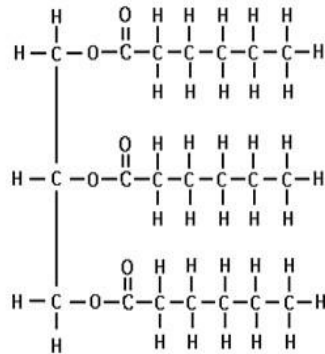
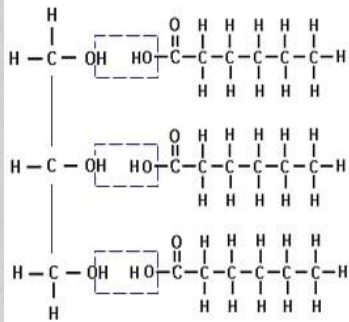
CIVIL WAR

FATS VS FATS

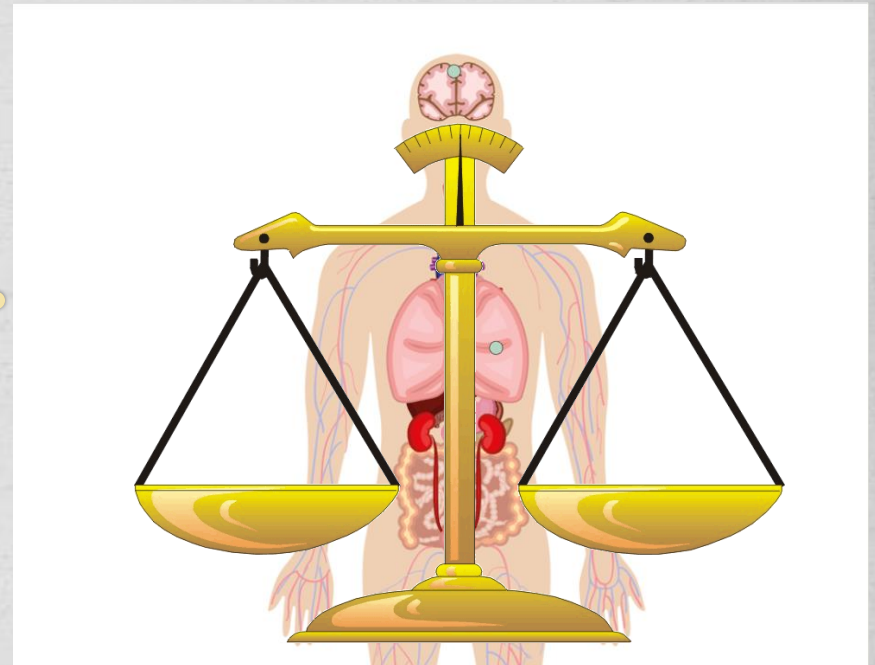


FAT WAR

Triglyceride molecule



Balance of chemical elements

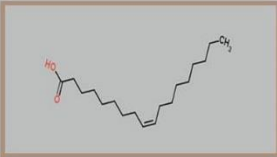
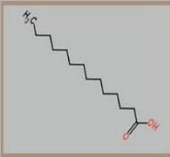
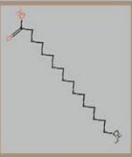


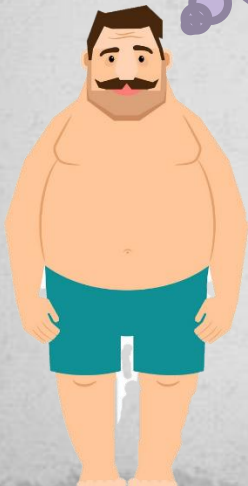
Right quantities



BUTTER

total % of fatty acids in butter

32	20	15	15	18
Oleic acid	Myristic acid	Palmitic acid	Stearic acid	Other fatty acids
				

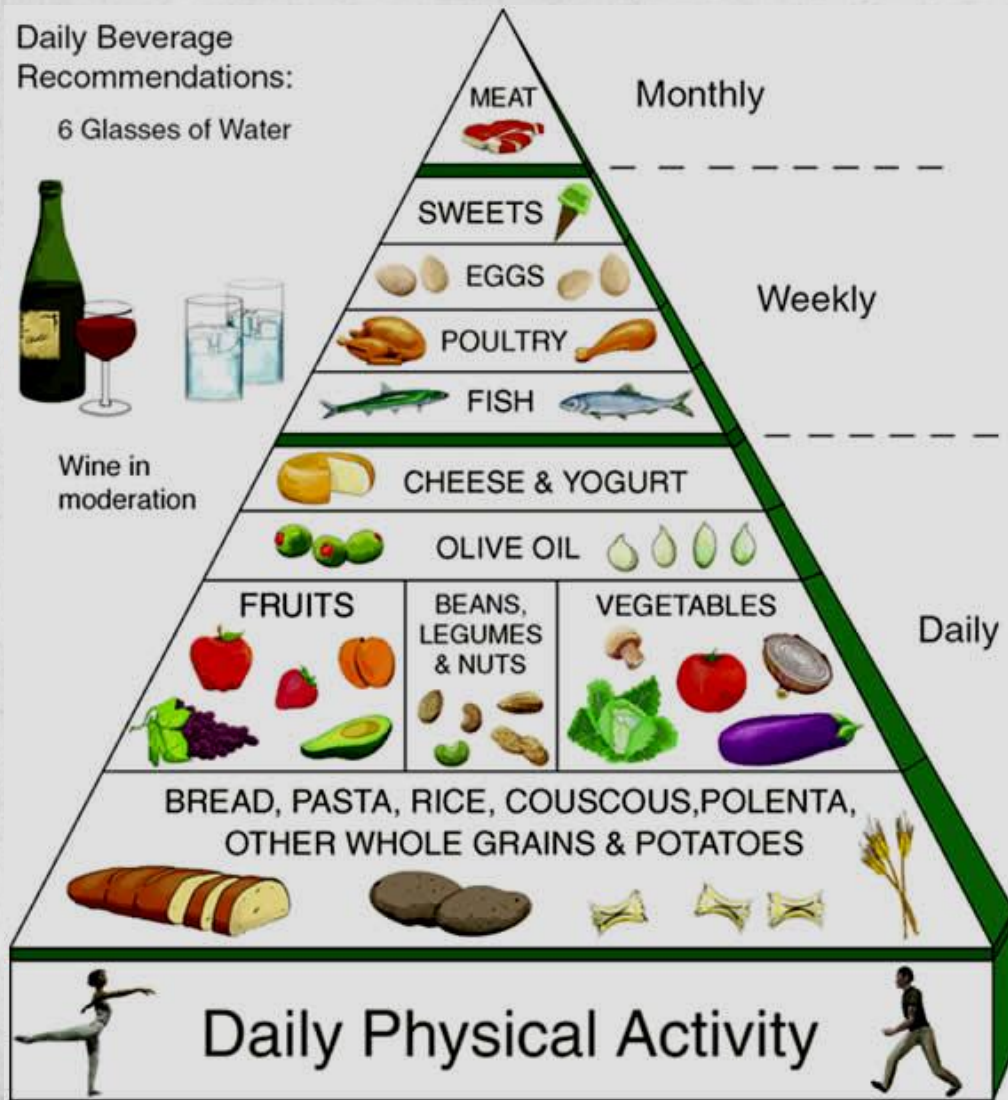


Lipid Profile

	Desirable	Borderline	High Risk
HDL Cholesterol	60 mg/dl	35-45 mg/dl	<35 mg/dl
LDL Cholesterol	60-130 mg/dl	130-159 mg/dl	160-189 mg/dl
Triglycerides	<150 mg/dl	150-199 mg/dl	200-499 mg/dl
Total Cholesterol	<200 mg/dl	200-239 mg/dl	240 mg/dl



FOOD PYRAMID



The students of

ISTITUTO TECNICO AGRARIO SERENI:

Alessandrini Massimo

Biferali Alessandro

Bonomi Christian

Defeo Marika

Ferracci Edoardo Maria

Fioravanti Fabrizio

Risita Daniele

Serea Francesca

Spurio Schiavone Simone

Talamo Matteo

Tassone Lorenzo

Trasciani Matteo

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