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# Fatty Acid Composition of Selected Street Foods Commonly Available in Malaysia

Zainal Arifen, Zainorain Natasha<sup>a</sup> ; Shahril, Mohd Razif<sup>a</sup>; Shahar, Suzana<sup>b</sup>; Mohamad, Hamdan<sup>c</sup>; Mohd Yazid, Siti Farrah Zaidah<sup>c</sup>; Michael, Viola<sup>d</sup>; Taketo, Tanaka<sup>e</sup>; Trieu, Kathy<sup>f</sup>; Harith, Sakinah<sup>g</sup>; Ibrahim, Nor Hayati<sup>h</sup>; Abdul Razak, Shariza<sup>i</sup>; Mat Jusoh, Hanapi<sup>i</sup>

Hun Pin, Chua<sup>j</sup>; Lee, Jau-Shya<sup>k</sup>; Mohamed Ismail, Risyawati<sup>l</sup>; Lai Kuan, Lee<sup>m</sup>; Haron, Hasnah<sup>a</sup>

Hide additional authors ^ Save all to author list

<sup>a</sup> Nutritional Sciences Programme, Centre for Healthy Ageing and Wellness (H-Care), Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur, 50300, Malaysia

<sup>b</sup> Dietetic Programme, Centre for Healthy Ageing and Wellness (H-Care), Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur, 50300, Malaysia

<sup>c</sup> Non-Communicable Disease Section, Disease Control Division, Ministry of Health, Putrajaya, 62590, Malaysia

<sup>d</sup> Enforcement Section, Allied Health Sciences Division, Ministry of Health, Putrajaya, 62050, Malaysia

<sup>e</sup> Representative Office for Malaysia, Brunei Darussalam, and Singapore, World Health Organization, Cyberjaya, 63000, Malaysia

<sup>f</sup> The George Institute for Global Health, Level 5, 1 King St, Newtown, 2042, NSW, Australia

<sup>g</sup> Nutrition & Dietetic Programme, Faculty of Health Sciences, Universiti Sultan Zainal Abidin, Kuala Nerus, 21300, Malaysia

<sup>h</sup> Faculty of Fisheries and Food Science, Universiti Malaysia Terengganu, Kuala Nerus, 21030, Malaysia

<sup>i</sup> Nutrition Programme, School of Health Sciences, Universiti Sains Malaysia, Health Campus, Kubang Kerian, 16150, Malaysia

<sup>j</sup> Food Science and Technology Research Centre, Malaysia Agricultural Research and Development Institute, Kuching, 93050, Malaysia

<sup>k</sup> Faculty of Food Science and Nutrition, Universiti Malaysia Sabah, Kota Kinabalu, 88400, Malaysia

<sup>l</sup> School of Technology Management & Logistics, Universiti Utara Malaysia, Sintok, 06010, Malaysia

<sup>m</sup> Food Technology Programme, School of Industrial Technology, Universiti Sains Malaysia, Gelugor, 11800, Malaysia

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## Abstract

Despite growing evidence of increased saturated and trans fat contents in street foods, little is known about their fatty acid (FA) compositions. This study aimed to analyse the saturated fatty acids (SFAs), monounsaturated fatty acids (MUFAs), polyunsaturated fatty acids (PUFAs), and trans fatty acids (TFAs) content of 70 selected and most commonly available street foods in Malaysia. The street foods were categorised into main meals, snacks, and desserts. TFAs were not detected in any of the street foods. Descriptively, all three categories mainly contained SFAs, followed by MUFAs, and PUFAs. However, the one-way ANOVA testing showed that the differences between each category were insignificant ( $p > 0.05$ ), and each FA was not significantly different ( $p > 0.05$ ) from one to another. Nearly half of the deep-fried street foods contained medium to high SFAs content (1.7 g/100 g–24.3 g/100 g), while the MUFAs were also high (32.0–44.4%). The Chi-square test of association showed that the type of preparation methods (low or high fat) used was significantly associated ( $p < 0.05$ ) with the number of SFAs. These findings provide valuable information about fat composition in local street foods for the Malaysian Food Composition Database and highlight the urgency to improve nutritional composition. © 2023 by the authors.

## Author keywords

coconut milk; deep-frying; fatty acid composition; Malaysia; preparation; processed food; saturated fat; street food; trans fat

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 SciVal Topics  


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 Metrics 


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👤 Haron, H.; Nutritional Sciences Programme, Centre for Healthy Ageing and Wellness (H-Care), Faculty of Health Sciences, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia; email:hasnaharon@ukm.edu.my  
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