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Seto et al.

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[54] **FATS AND OILS HAVING SUPERIOR DIGESTIBILITY AND ABSORPTIVITY**

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Related U.S. Application Data

[63] Continuation of Ser. No. 488,533, Feb. 28, 1990, abandoned, which is a continuation of Ser. No. 103,142, Oct. 1, 1987, abandoned.

[30] **Foreign Application Priority Data**

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[52] U.S. Cl. **514/547**; 514/549; 554/224; 554/227

[58] Field of Search 554/224, 227; 514/547, 514/549

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[57] **ABSTRACT**

A nutrient comprising fats and oils having superior digestibility and absorptivity are provided, which fats and oils are comprised of at least one triglyceride having fatty acids of C₈ to C₁₄ at the 2-position of the triglyceride and identical unsaturated acids of C₁₈ or higher at both the 1- and 3-positions thereof. Examples of the unsaturated fatty acids of C₁₈ or higher are linolic acid, linolenic acid, arachidonic acid, eicosapentaenoic acid, and docosaehaenoic acid.

7 Claims, No Drawings