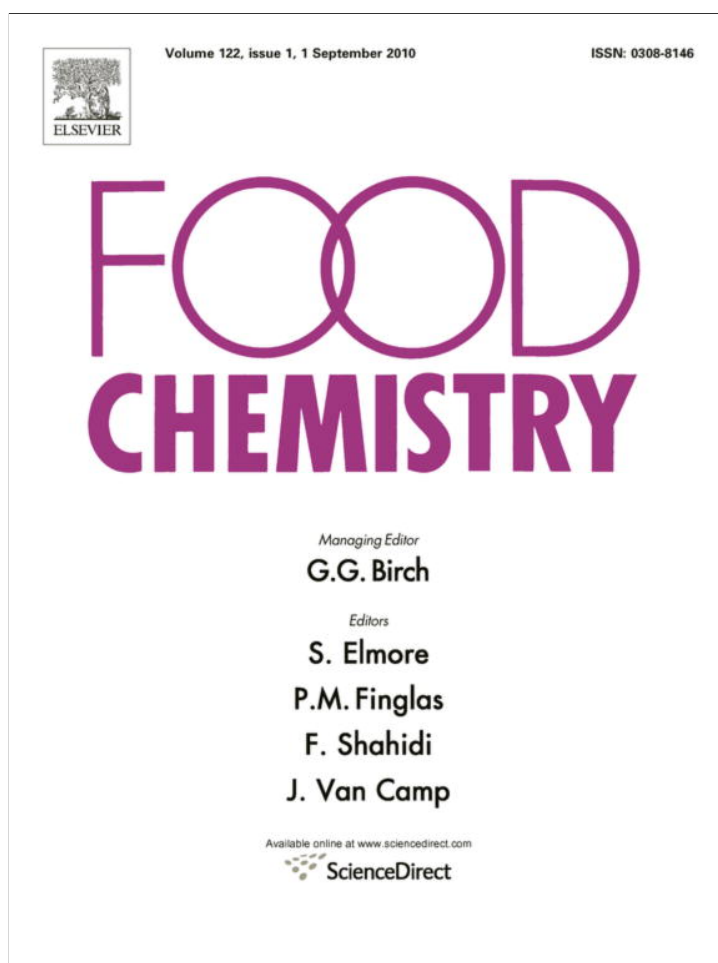


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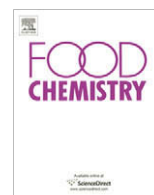
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## Analytical Methods

## Polar compounds distribution of sunflower oil as affected by unsaponifiable matters of Bene hull oil (BHO) and tertiary-butylhydroquinone (TBHQ) during deep-frying

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## ABSTRACT

Total polar compounds (TPC) contents of the sunflower oil (SFO) increased linearly ( $R^2 > 0.99$ ) with frying time. At the same concentration (100 ppm), the increase rate of the TPC content for the SFO containing the unsaponifiable matters (USM) of the Bene hull oil (BHO) was lower than that for the SFO containing the tertiary-butylhydroquinone (TBHQ). The TPC analysis by high-performance size-exclusion chromatography allowed the separation and quantification of triglyceride polymers (TGP), triglyceride dimers (TGD), oxidised triglyceride monomers (oxTGM), diglycerides (DG), and free fatty acids (FFA) during frying. The ability of the USM to resist the TGP formation was higher than that of the TBHQ. The USM and TBHQ showed lower influences on the changes in TGD and oxTGM contents, as well as there was an effectiveness better for the USM than for the TBHQ. The increase rate of DG and FFA contents more effectively decreased by the USM rather than by the TBHQ.

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## 1. Introduction

Determination of the contents of polar compounds is considered to be the most reliable method for the evaluation of stability and quality of fats and oils during frying of foods. Polar compounds are principally due to the action of atmospheric oxygen, water content of the foodstuff, and the high temperature at which frying takes place. They consist of dimeric and higher polymeric triglycerides formed through thermal polymerisation of triglycerides, monomeric oxidised products, as well as mono- and diglycerides and free fatty acids formed through hydrolytic cleavage of triglycerides. The analysis of polar fraction by high-performance size-exclusion chromatography (HPSEC) allows the separation and quantification of triglyceride polymers (TGP), triglyceride dimers (TGD), oxidised triglyceride monomers (oxTGM), diglycerides (DG), and free fatty acids (FFA) (Houhoula, Oreopoulou, & Tzia, 2003). These components differ not only in polarity or molecular weight but also in nutritional significance, and so, it would be interesting to know the contribution of each of them to the total alteration (Dobarganes, Perez-Camino, & Marquez-Ruiz, 1988).

Addition of synthetic antioxidants is one of the major treatments used to maintain the quality of fats and oils during frying. However, the use of chemical additives has raised questions regarding food safety and toxicity (Linderschmidt, Trylka, Goad,

& Witschi, 1986; Tappel, 1995). Consumers are becoming increasingly aware of the nutritional value and safety of their food and its ingredients. Natural antioxidants are believed to be safer than synthetic ones (Tian & White, 1994). Unsaponifiable matter (USM) fraction of vegetable oils naturally contains hydrocarbons, terpene alcohols, sterols, tocopherols and other phenolic compounds which may act as oxidation inhibitors under a range of conditions (Bosku & Morton, 1976). Vegetable oils typically contain 0.5–2.5% USM, although some others have exceptional amounts, 5–6% (Maleka, 1994). The effectiveness of the USM fraction of vegetable oils in retarding oil deterioration has been studied by many investigators (Abdel-Aziz, 1985; Awatif, Khalil, & Badawy, 1996; Gopala Krishna, Prashanth, Pragasaam, Raghavendra, & Matoon, 2003; Mohamed & Awatif, 1998).

*Pistacia atlantica* subsp. *mutica* widely grows in the Zagrossian region of Iran at 600–3000 m above sea level (Sabeti, 1994). Its fruits, which are called “Bene” in Iran, are round to oval, somewhat flat, and 0.5–0.7 cm in diameter. Bene have a wooden hard shell covered with a rather dry hull which could be easily removed by pressing between fingers. This soft hull is dark green in colour, comprises ~24% of the whole fruit (~25% kernel and ~51% hard shell), and yields up to ~30% oil (Daneshrad & Aynehchi, 1980). Previous studies on *P. atlantica* deal with the chemical composition and oxidative stability of the kernel oil from its current subspecies in Iran (Farhoosh & Tavakoli, 2008), oxidative stability and antioxidant activity of the hull oil from *P. atlantica* subsp. *mutica* (Farhoosh, Haddad Khodaparast, & Sharif, 2009), and anti-rancidity effect

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of Bene hull oil (BHO) compared with sesame and rice bran oils during the frying process of sunflower oil (Sharif, Farhoosh, Haddad Khodaparast, & Tavassoli Kafrani, 2009). The BHO contains about 6.5% USM (Farhoosh et al., 2009), which is considered to be the highest content among all common vegetable oils. In a recent research, the unsaponifiable constituents of the BHO were separated into hydrocarbons, carotenes, tocopherols and tocotrienols, linear and triterpenic alcohols (4,4'-dimethylsterols), methylsterols (4-methylsterols), sterols (desmethylsterols), triterpenic dialcohols, and triterpenic dialcohols methylesters by means of silica gel thin-layer chromatography. Tocopherols and tocotrienols were the major constituents of the USM of the BHO, followed by the steroidal phytochemicals, hydrocarbons, and carotenes (Farhoosh & Tavassoli Kafrani, 2010). As can be seen, most of them are particularly important functional compounds which have potentials to retard the degradation of unsaturated fatty acids in lipid systems.

The purpose of this study was to investigate the effect of USM of the BHO on the thermo-oxidative and hydrolytic reactions occurring during deep-frying of sunflower oil (SFO), and to compare its anti-rancidity activity with that of tertiary-butylhydroquinone (TBHQ) as a very strong synthetic antioxidant.

## 2. Materials and methods

### 2.1. Materials

Refined, bleached, and deodorized SFO with no added antioxidants was supplied by Segol (Nishaboor, Iran) and was stored at  $-18\text{ }^{\circ}\text{C}$  until analysis. Peroxide value (measured according to Shantha and Decker (1994)) and acid value (measured according to the AOCS Official Method Cd 3d-63) of the sunflower oil were 0.3 meq  $\text{O}_2$  per kg oil and 0.2 mg KOH per gram oil, respectively, indicating that it was unoxidized and of high initial quality. The fatty acid composition (measured according to Farhoosh, Niuzmand, Rezaei, and Sarabi (2008)) mainly consisted of palmitic (16:0, 8.5%), stearic (18:0, 4.8%), oleic (18:1, 28.0%), linoleic (18:2, 54.2%), and linolenic (18:3, 2.8%) acids. The same concentrations (100 ppm) of USM and TBHQ were individually added to the SFO. Fatty acid methyl ester standards, and all chemicals and solvents used in this study were of analytical reagent grade and supplied by Merck and Sigma Chemical Companies.

### 2.2. USM extraction

In a volume flask, 5 g of the BHO was saponified with 50 mL 1 N ethanolic KOH. Potassium hydroxide in a capped flask was heated in an oven for 1 h at  $95\text{ }^{\circ}\text{C}$ . After cooling, 100 mL of distilled water was added and mixed. The resulting solution was extracted two times with 100 mL diethyl ether. The upper organic layers were combined and washed twice with 75 mL distilled water, once with 100 mL 0.5 N ethanolic KOH, and then 100 mL distilled water until neutrality. The organic layer was then separated and dried over  $\text{Na}_2\text{SO}_4$ . After filtration of this solution, the solvent was evaporated to dryness under vacuum at  $45\text{ }^{\circ}\text{C}$ . To purify more effectively, the dry USM was dissolved with chloroform and, after filtration, was evaporated to dryness under vacuum at  $45\text{ }^{\circ}\text{C}$  (Lozano, Dhuique Mayer, Bannon, & Gaydou, 1993). The yield of USM extraction was about 6.5 wt.%.

### 2.3. Total polar compounds (TPC) content

The TPC content was determined according to the economical micro method developed by Schulte (2004). Silica gel 60 (63–100  $\mu\text{m}$ ) was dried overnight at  $160\text{ }^{\circ}\text{C}$ , was filled still warm into

a glass bottle, was added five parts of water to 95 parts of it, and was shaken vigorously for about 1 min to disperse lumps; after standing overnight the material was ready for use. One gram of the silica gel 60 was compressed and filled between two cotton wool balls into a 5 mL pipette tip (15 cm long). Oil sample (500 mg) was pipetted into a 5 mL volumetric flask. It was dissolved in 4 mL toluene, and then filled with the toluene. Under a well ventilated fume hood, 1 mL of the solution was pipetted on top of the pipette tip fixed over a tared aluminium tray, so that it ended 1 mm above the bottom of the tray. After the solution was soaked in, the pipette tip was washed with 1 mL eluent and after soaking in, were added 7 mL (2 mL  $\times$  3.5 mL) of eluent. After elution ( $\sim 15$  min), the end of the tip was washed with 500  $\mu\text{L}$  of toluene. The solvent was removed from the eluate with dry compressed air; the evaporation was speeded up by placing the tray on a temperature-controlled hot plate of  $50\text{ }^{\circ}\text{C}$ . After weighing, TPC, in per cent (w/w), was calculated by the formula of  $100(w - w_1)/w$ , in which  $w$  and  $w_1$  are the sample weight and the weight of nonpolar components in milligram, respectively.

### 2.4. Polar compounds distribution (HPSEC analysis)

The altered compounds that constitute the polar fraction were separated into FFA, DG, oxTGM, TGD, and TGP by HPSEC, according to Dobarganes et al. (1988). Isolated polar fractions were analysed in a GPC-SEC chromatograph (Knauer, Berlin, Germany) with a 20- $\mu\text{L}$  sample loop. A 2300 refractive index detector and two Nucleogel GPC columns (Macherey-Nagel, Duren, Germany) with 100- and 500- $\text{\AA}$  pore size connected in series were operated at  $40\text{ }^{\circ}\text{C}$ . The columns were  $300 \times 7.7$  mm i.d., packed with a macro-porous, highly cross-linked and spherical polystyrene/divinylbenzene copolymer (5  $\mu\text{m}$  particle size). HPLC-grade tetrahydrofuran served as the mobile phase with a flow of 1 mL/min. Sample concentration was 10 mg/mL in tetrahydrofuran.

### 2.5. Frying process

Potatoes were peeled and cut into pieces (7.0 cm  $\times$  0.5 cm  $\times$  0.3 cm) and submerged in water until needed. Potato pieces were fried in the oil. The oil (2.5 L) was placed in a 2.5-L capacity bench-top deep-fryer (Tefal model 1250, France) and heated to  $180\text{ }^{\circ}\text{C}$ . Potato pieces were fried in 20-g batches at constant frying temperature. The batches were fried at 7-min intervals for 8 h per day for 4 consecutive days. At the end of each 4 h, about 20 g of the frying oil was filtered into a screw-cap vial and promptly stored in the dark at  $4\text{ }^{\circ}\text{C}$  until use. The volume of oil was not replenished during the frying process. Frying experiments were conducted in duplicate (Farhoosh & Moosavi, 2008).

### 2.6. Statistical analysis

All experiments and measurements were carried out in triplicate, and data were subjected to analysis of variance (ANOVA). ANOVA and regression analyses were performed according to the MStatC and Excel software. Significant differences between means were determined by Duncan's multiple range tests.  $P$  values less than 0.05 were considered statistically significant.

## 3. Results and discussion

The TPC contents of the SFO as affected by the TBHQ and USM of the BHO during frying are given in Table 1. The initial amount of TPC in vegetable oils has a pronounced contribution to create the off-flavour compounds as well as a marked effect on the primary oxidation (Farhoosh & Pazhouhanmehr, 2009). The fresh sunflower

**Table 1**

Total polar compounds (TPC) content (%w/w) of the sunflower oil (SFO) as affected by the tertiary-butylhydroquinone (TBHQ) and the unsaponifiable matters (USM) of the Bene hull oil (BHO) during frying at 180 °C.

Time (h)	SFO <sup>a</sup>	SFO + TBHQ <sup>a</sup>	SFO + USM <sup>a</sup>
0	2.8 ± 0.8 fA	2.6 ± 0.9 hA	2.7 ± 0.8 fA
4	6.12 ± 1.3 eA	4.9 ± 0.4 gA	4.0 ± 1.1 eFA
8	9.55 ± 1.1 eA	7.7 ± 0.5 fA	6.2 ± 1.2 deA
12	13.52 ± 1.1 dA	10.6 ± 0.7 eB	9.1 ± 1.0 cdB
16	17.0 ± 0.7 cA	13.4 ± 1.2 deB	11.2 ± 1.2 cB
20	20.0 ± 1.0 bA	16.5 ± 0.9 cdB	14.0 ± 0.8 bcB
24	22.7 ± 1.0 bA	18.6 ± 0.5 cB	16.3 ± 0.9 bC
28	26.3 ± 1.2 aA	21.3 ± 0.6 bB	19.3 ± 0.5 aC
32	28.9 ± 1.4 aA	23.7 ± 0.6 aB	21.1 ± 0.7 aC

Means ± SD (standard deviation) within a column with the same lowercase letters are not significantly different at  $P < 0.05$ . Means ± SD within a row with the same uppercase letters are not significantly different at  $P < 0.05$ .

<sup>a</sup> The regression equations showing changes in the TPC contents during frying: SFO:  $TPC = 0.82 (\text{time}) + 3.14$ ,  $R^2 = 0.997$ , SFO + TBHQ:  $TPC = 0.67 (\text{time}) + 2.53$ ,  $R^2 = 0.998$  and SFO + USM:  $TPC = 0.60 (\text{time}) + 1.90$ ,  $R^2 = 0.996$ .

oil had a TPC content of 2.8%, reflecting the good quality of the oil used, as TPC content of unused oils normally ranges between 0.4% and 6.4% (Lumley, 1988). The TPC contents increased linearly with frying time with high correlation coefficients ( $R^2 > 0.99$ ) (Table 1). Research has shown that the fraction of polar compounds isolated from oxidised oils is toxic to laboratory animals (Pantzaris, 1998). Therefore, it has been recommended that frying oils containing more than 24–27% of TPC content should be discarded (Firestone, 1993). Both the SFO and the SFO containing TBHQ reached the discarding range of TPC content during frying but the SFO containing USM did not. Assuming that the limit of acceptance for the TPC content is 24%, the time required to reach this limit was considered

as a measure of frying stability. Regarding the calculated measures (Table 1), the SFO showed a frying stability lower (25.4 h) than that of SFOs containing TBHQ (32.0 h) or USM (36.8 h). It was interesting to find that the frying stability of the SFO increased significantly more in the presence of USM than in the presence of TBHQ.

The contents of thermo-oxidative (oxTGM, TGD, and TGP) and hydrolytic (FFA and DG) components of the SFO as affected by the TBHQ or USM of the BHO during frying are shown in Tables 2 and 3, respectively. Changes in the polar components during frying were significantly fitted to power equations with high determination coefficients. The parameters of the power equations, the percentage of increase in each polar component after 32 h of frying ( $PI_{32}$ ), and the ratio between the  $PI_{32}$  of the SFO and that of the SFO containing TBHQ or USM, as an effectiveness index (EI) of the corresponding additive, are given in Table 4.

The content of all separate components in the polar fractions increased with frying time. More specifically, the TGP constituted only a minor component of the polar fraction of the fresh oil (0.2 mg/g) (Table 2), but increased consistently with frying time up to 37.3 mg/g ( $PI_{32} = \sim 28154$ , Table 4). The TGD content of the fresh oil was more than 20 times of its TGP content (4.1 vs. 0.2 mg/g). The TGD content also consistently increased until the end of the frying process (from 4.1 to 119.2 mg/g) by a  $PI_{32}$  of about 9532. This percentage was considerably lower than that of the TGP content, indicating a higher tendency for formation of the TGP than of the TGD, although the TGD was the major component of the polar fraction throughout the frying process. The oxTGM were the major component of the polar fraction of the fresh SFO (12.3 mg/g) (Table 1), and with a  $PI_{32}$  of about 628 (Table 4) reached 75.3 mg/g at the end of the frying process. The DG were also present in high concentration in the polar fraction of the fresh oil (9.1 mg/g), but increased by a  $PI_{32}$  of about 331 as frying pro-

**Table 2**

The contents (mg/g oil) of thermo-oxidative components (oxidised triglyceride monomers, oxTGM; triglyceride dimmers, TGD; and triglyceride polymers, TGP) of the sunflower oil (SFO) as affected by the tertiary-butylhydroquinone (TBHQ) and the unsaponifiable matters (USM) of the Bene hull oil (BHO) during frying at 180 °C.

Time (h)	oxTGM			TGD			TGP		
	SFO	SFO + TBHQ	SFO + USM	SFO	SFO + TBHQ	SFO + USM	SFO	SFO + TBHQ	SFO + USM
0	12.3 ± 1.2 hA	9.7 ± 0.5 gA	10.0 ± 0.4 hA	4.1 ± 0.2 iA	4.3 ± 0.4 iA	4.1 ± 0.1 iA	0.2 ± 0.1 iA	0.2 ± 0.3 gA	0.4 ± 0.1 hA
4	18.8 ± 0.7 gA	16.8 ± 1.5 fAB	15.6 ± 0.7 gB	16.4 ± 0.3 hA	10.8 ± 2.9 hB	11.0 ± 0.1 hB	1.0 ± 0.2 hA	1.3 ± 0.7 fgA	1.5 ± 0.3 gA
8	32.1 ± 2.6 fA	26.1 ± 0.4 eB	21.9 ± 1.4 fC	30.3 ± 1.4 gA	24.8 ± 0.2 gB	20.3 ± 0.8 gC	4.1 ± 0.6 gA	3.4 ± 0.2 fA	2.8 ± 0.0 fB
12	45.1 ± 1.0 eA	36.8 ± 1.8 dB	31.0 ± 0.9 eC	49.2 ± 0.2 fA	37.2 ± 0.5 fB	33.9 ± 1.4 fC	8.1 ± 0.1 fA	6.1 ± 0.5 eB	6.1 ± 0.3 eB
16	46.2 ± 1.3 eA	41.9 ± 2.6 dAB	37.5 ± 2.1 dB	74.5 ± 1.6 eA	52.7 ± 2.6 eB	43.5 ± 1.9 eC	14.2 ± 1.2 eA	9.8 ± 0.6 dB	8.7 ± 0.4 dB
20	58.1 ± 1.7 dA	50.1 ± 2.2 cB	43.7 ± 0.0 cC	83.6 ± 2.1 dA	69.0 ± 0.2 dB	56.0 ± 2.0 dC	19.5 ± 1.2 dA	15.2 ± 0.5 cB	15.2 ± 2.0 cB
24	63.8 ± 1.4 cA	53.5 ± 0.5 cB	47.8 ± 2.1 bC	92.7 ± 2.5 cA	77.9 ± 1.9 cB	68.0 ± 2.7 cC	24.1 ± 2.4 cA	21.3 ± 0.2 bA	19.5 ± 1.4 cA
28	71.6 ± 0.9 bA	58.8 ± 1.4 bB	55.0 ± 1.9 aB	112.2 ± 0.3 bA	89.2 ± 1.0 bB	80.3 ± 1.6 bC	30.4 ± 0.4 bA	29.0 ± 1.1 aAB	27.0 ± 1.4 bB
32	75.3 ± 0.9 aA	67.2 ± 2.8 aB	57.2 ± 2.4 aC	119.2 ± 1.5 aA	97.8 ± 2.0 aB	86.5 ± 1.6 aC	37.3 ± 1.8 aA	33.4 ± 2.1 aA	34.4 ± 2.8 aA

Means ± SD (standard deviation) within a column with the same lowercase letters are not significantly different at  $P < 0.05$ . For each polar component measured, means ± SD within a row with the same uppercase letters are not significantly different at  $P < 0.05$ .

**Table 3**

The contents (mg/g oil) of hydrolytic components (free fatty acids, FFA; and diglycerides, DG) of the sunflower oil (SFO) as affected by the tertiary-butylhydroquinone (TBHQ) and the unsaponifiable matters (USM) of the Bene hull oil (BHO) during frying at 180 °C.

Time (h)	FFA			DG		
	SFO	SFO + TBHQ	SFO + USM	SFO	SFO + TBHQ	SFO + USM
0	1.9 ± 0.1 eA	2.0 ± 0.1 fA	2.2 ± 0.1 gA	9.1 ± 1.3 fA	9.5 ± 0.4 hA	9.7 ± 0.1 gA
4	4.4 ± 0.0 dA	3.3 ± 0.4 eB	2.3 ± 0.0 fC	20.0 ± 0.2 eA	16.0 ± 0.4 gB	10.3 ± 0.2 fC
8	4.9 ± 0.1 cdA	4.2 ± 0.1 dB	3.1 ± 0.1 eC	22.1 ± 0.6 dA	18.8 ± 0.2 fB	14.0 ± 0.6 eC
12	5.5 ± 0.5 cA	4.8 ± 0.1 cA	3.6 ± 0.1 dB	24.3 ± 1.5 dA	21.4 ± 0.9 eA	16.6 ± 0.7 dB
16	5.0 ± 1.2 cdAB	5.4 ± 0.1 bA	3.9 ± 0.3 cdB	29.3 ± 0.0 cA	24.5 ± 0.7 dB	18.6 ± 1.1 dC
20	6.6 ± 1.2 bcA	5.1 ± 0.6 abcdAB	4.3 ± 0.1 bcB	32.1 ± 2.3 cA	25.9 ± 0.9 cdB	20.6 ± 0.1 cC
24	8.0 ± 0.8 abA	5.5 ± 0.5 abcB	4.7 ± 0.2 bB	38.1 ± 1.4 bA	28.2 ± 1.0 bcB	22.7 ± 1.0 bC
28	7.6 ± 0.4 bA	5.6 ± 0.2 abB	5.1 ± 0.7 abB	40.8 ± 1.3 bA	29.9 ± 1.2 abB	25.4 ± 1.6 abC
32	10.2 ± 0.8 aA	6.1 ± 0.3 aB	5.4 ± 0.1 aC	46.0 ± 1.4 aA	31.8 ± 0.3 aB	27.0 ± 1.8 aC

Means ± SD (standard deviation) within a column with the same lowercase letters are not significantly different at  $P < 0.05$ . For each polar component measured, means ± SD within a row with the same uppercase letters are not significantly different at  $P < 0.05$ .

**Table 4**

The parameters calculated from the power relationship between the polar components contents (mg/g oil) and frying time at 180 °C for the sunflower oil (SFO) as affected by the tertiary-butylhydroquinone (TBHQ) and the unsaponifiable matters (USM) of the Bene hull oil (BHO).

	Polar component = $a$ (time) <sup>b</sup> + $c$				PI <sub>32</sub> <sup>a</sup>	EI <sup>b</sup>
	$a$	$b$	$c$	R <sup>2</sup>		
<i>oxTGM</i>						
SFO	3.95	0.82	10.79	0.987	627.8	
SFO + TBHQ	3.31	0.83	8.76	0.993	670.8	0.94
SFO + USM	2.40	0.88	8.97	0.993	564.9	1.11
<i>TGD</i>						
SFO	5.11	0.92	1.30	0.988	9532.3	
SFO + TBHQ	3.14	1.00	1.68	0.993	5981.0	1.59
SFO + USM	2.12	1.07	2.73	0.996	3167.4	3.01
<i>TGP</i>						
SFO	0.34	1.35	0.13	0.997	28153.8	
SFO + TBHQ	0.07	1.77	0.54	0.995	5981.5	4.71
SFO + USM	0.04	1.92	0.59	0.998	5261	5.35
<i>FFA</i>						
SFO	0.34	0.87	2.4	0.903	288.8	
SFO + TBHQ	0.87	0.44	2.01	0.968	199.0	1.45
SFO + USM	0.14	0.91	2.11	0.987	155.5	1.86
<i>DG</i>						
SFO	2.14	0.8	10.35	0.98	330.8	
SFO + TBHQ	2.67	0.61	9.49	0.999	233.0	1.42
SFO + USM	0.61	0.98	9.15	0.993	199	1.66

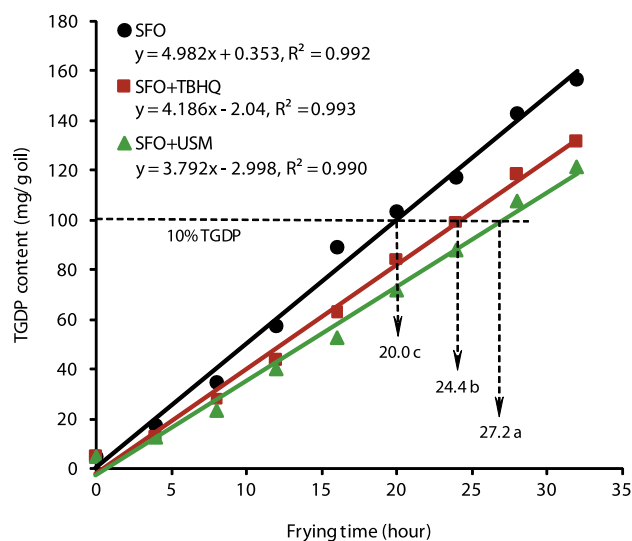
<sup>a</sup> The percentage of increase in each polar component after 32 h of frying at 180 °C.

<sup>b</sup> The ratio between the PI<sub>32</sub> of the SFO and that of the SFO containing TBHQ or USM.

ceeded, reaching a final value of 46.0 mg/g. The FFA content was low (1.9 mg/g) initially and increased by a PI<sub>32</sub> approximately the same as DG (~289) with frying time to 10.2 mg/g.

During frying, the TGP content of the fresh oil in the presence of TBHQ (0.2 mg/g) or USM (0.4 mg/g) showed the PI<sub>32</sub> values of about 5982 and 5261 (Table 4) and reached 33.4 and 34.4 mg/g (Table 2), respectively. As shown in Table 4, the EI of the USM was partly higher than that of the TBHQ (5.35 vs. 4.71), indicating an ability for the USM to resist the polymer formation higher than that for the TBHQ. The antioxidative additives showed lower influences on the changes in TGD and oxTGM contents of the fresh SFO during frying, as well as there was an effectiveness better for the USM than for the TBHQ. As can be seen in Tables 2 and 4, while the TGD and oxTGM contents of the fresh SFO in the presence of TBHQ increased from 4.3 and 9.7 mg/g to 97.8 (PI<sub>32</sub> = 5981 and EI = 1.59) and 67.2 mg/g (PI<sub>32</sub> = 671 and EI = 0.94), the USM caused them to reach from 4.1 and 10.0 mg/g to 86.5 (PI<sub>32</sub> = 3167 and EI = 3.01) and 57.2 mg/g (PI<sub>32</sub> = 565 and EI = 1.11), respectively. The FFA content of the fresh SFO in the presence of TBHQ and USM increased from 2.0 and 2.2 mg/g to 6.1 (PI<sub>32</sub> = 199 and EI = 1.45) and 5.4 mg/g (PI<sub>32</sub> = 156 and EI = 1.86), respectively, whereas the DG contents as affected by TBHQ and USM increased from 9.5 and 9.7 mg/g to 31.8 (PI<sub>32</sub> = 233 and EI = 1.42) and 27.0 mg/g (PI<sub>32</sub> = 199 and EI = 1.66), respectively. Considering the EI values, it can be observed that the thermo-oxidative reactions affected by the antioxidative additives totally more than hydrolytic reactions during the frying of SFO. Also, the USM showed a frying performance better than that of the TBHQ.

Among the different groups of polar components, the contents of TGP and TGD should be considered carefully, as feeding trials showed that they were fairly well absorbed and presented toxic or other biological effects (Marquez-Ruiz & Dobarganes, 1996). Therefore, a number of European countries, e.g. Belgium and the Czech Republic, has legislated a 10% maximal TGDP (TGD + TGP) content as a criterion for evaluating used frying oils (Firestone, 1996). The changes in the TGDP content of the SFO as affected by



**Fig. 1.** Changes in the contents of triglyceride dimers plus polymers (TGDP) of the sunflower oil (SFO) as affected by the tertiary-butylhydroquinone (TBHQ) and the unsaponifiable matters (USM) of the Bene hull oil (BHO) during frying at 180 °C. Dashed line at the 10% level reflect cutoff point for oil disposal. The quantities with the same lowercase letters are not significantly different at  $P < 0.05$ .

the TBHQ or USM are shown in Fig. 1. They showed linear increases ( $R^2 > 0.99$ ) from 4.3 mg/g (SFO), 4.5 mg/g (SFO + TBHQ), and 4.5 mg/g (SFO + USM) in the fresh oil to 156.5, 131.2, and 120.9 mg/g at the end of the frying process, respectively (Table 2). Considering the cutoff point of 10% TGDP, Fig. 1 shows the maximum time that the SFOs could be used for frying. These critical times for the SFO and SFOs containing TBHQ or USM were significantly different and calculated to be 20.0, 24.4, and 27.2 h, respectively.

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