

EFFECT OF DIETS RICH IN POLYUNSATURATED FATTY ACID (PUFAs) AND MONOUNSATURATED FATTY ACIDS (MUFFAs) ON HEPATIC TISSUE OF WISTAR RATS.

Cruz, A.C.B¹., Lima, D. G¹., Sousa, J.M.A¹., Nascimento, C. B. S¹., Silva, A. L. B¹., Tôrres, M. E. F¹., Ramos, A.M.O², Lima, D.F¹

¹ Departamento de Bioquímica- UFRN – Natal/RN, Brasil; ² Curso de Pós - graduação do CCS- UFRN- Natal/RN, Brasil; e-mail: anacellycruz@yahoo.com.br

Dietary fatty acid quantity, composition and animal serum lipids profile are related to several pathologies, mainly those related to specific tissues. The ingestion of high fat diets promotes increasing on the total cholesterol resulting in an elevation of the liver total fat and it may cause increased deposition of fat on liver causing a common lesion named “fatty liver”. We evaluated hepatic steatosis in wistar rats feeding with four high fat diets: 12% canola, 8% canola, 12% sunflower or 8% sunflower oil-based diet, through histopathologic diagnosis. The study involved a total of 30 Wistar rat males, 90 day's old and feeding with the tested diets during 30 days. Results obtained were show that diet containing 8% sunflower oil caused less steatosis in all of the intensity levels analyzed such as low (+33%), moderate (++20%) and high intensity level (+++6,7%). Diets containing 12% sunflower, 8% canola oil and 12% canola oil caused steatosis levels of +23,4%, ++26,7%, +++13,4%; +46,66%, ++10%, +++10%; +30%, ++16,7%, +++16,7%, respectively, suggesting that the pathology may be due the high fatty acid concentrations of the assayed diets.

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