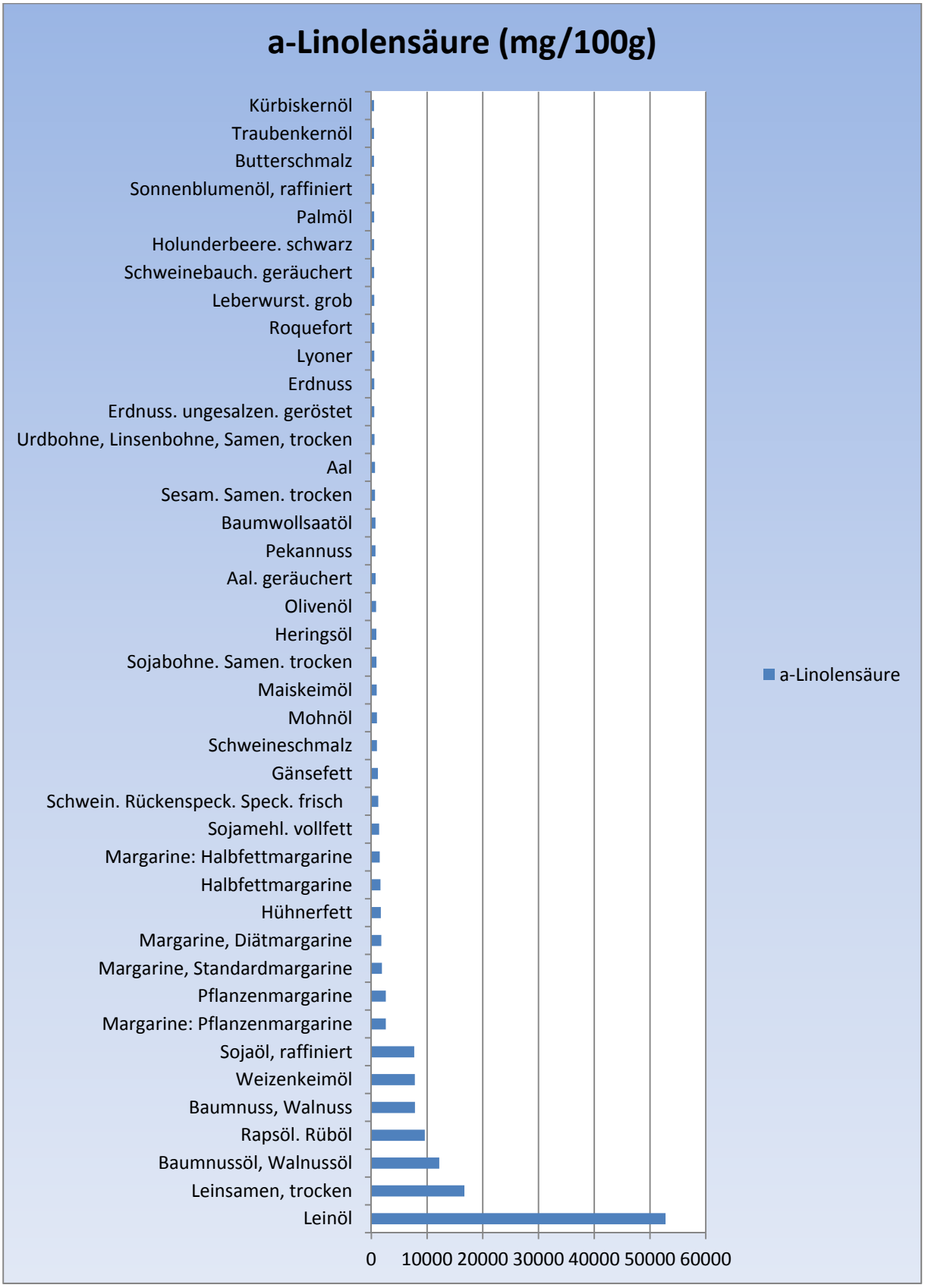alpha-Linolensäure in einigen Nahrungsmitteln