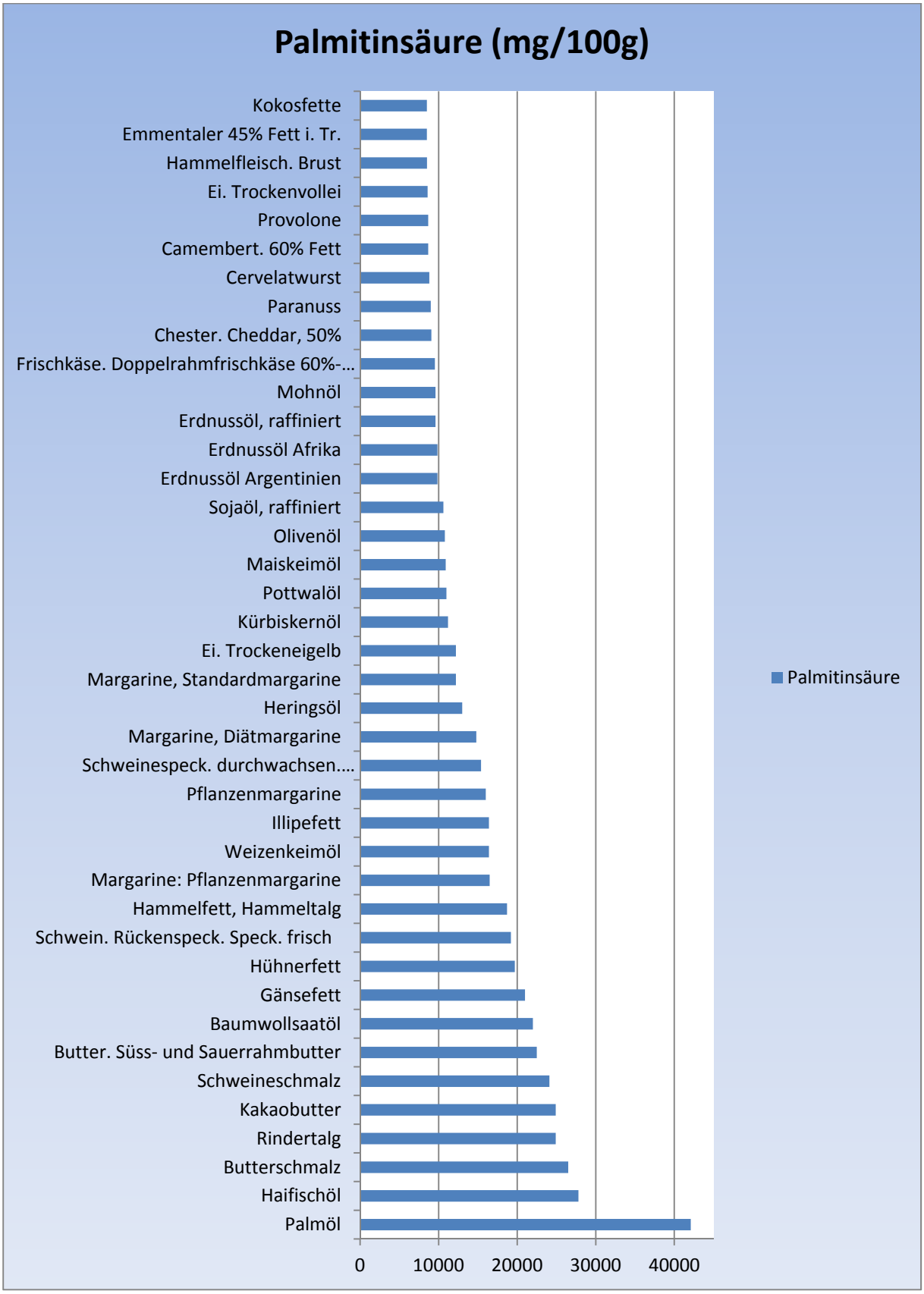Palmitinsäure in einigen Nahrungsmitteln