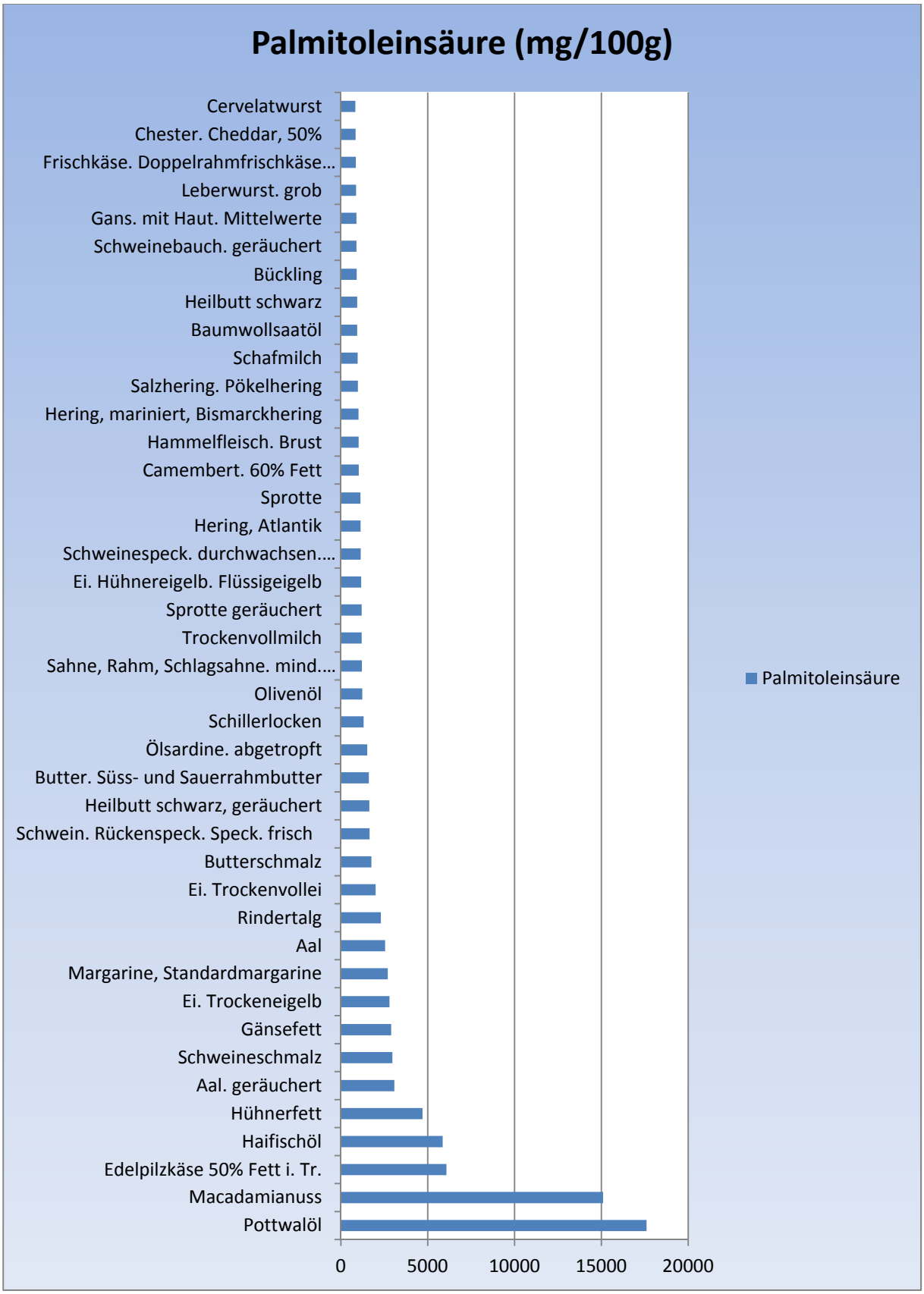Palmitoleinsäure in einigen Nahrungsmitteln