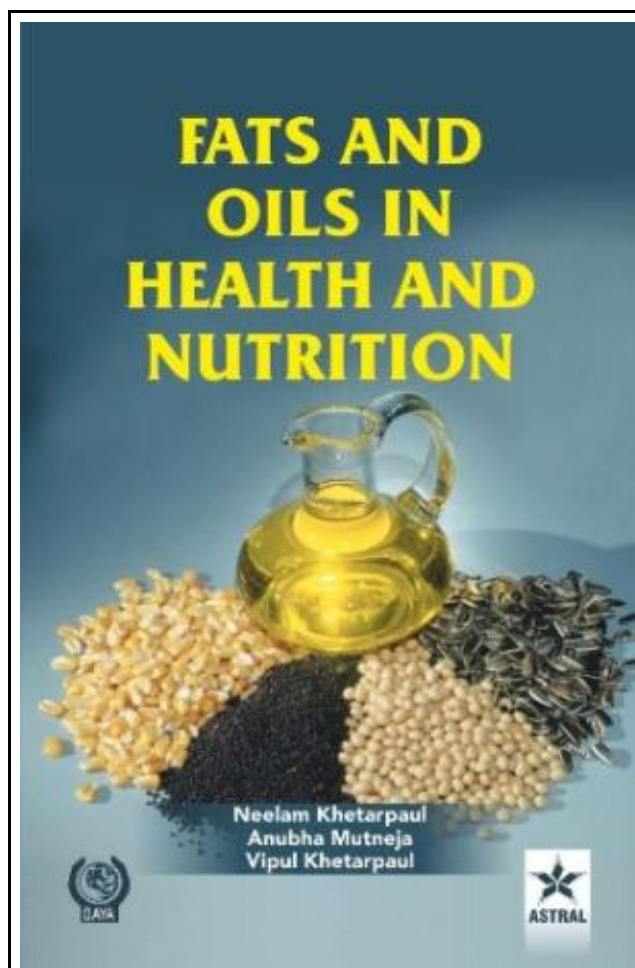


Fats and Oils in Health and Nutrition



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Reviews

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(Rosina Schowalter V)

FATS AND OILS IN HEALTH AND NUTRITION



Daya Publishing House/Astral International, 2014. Hardcover. Book Condition: New. Today everyone is interested to know about the role of fats and oils in human nutrition, health and disease. A great deal of research has been carried out on this important class of nutrients in the last few years. It has become an interesting and challenging subject even for the common man. To ensure that readers are kept up to date on this subject, this book divided into 21 chapters, presents and discusses topical data on fats and oils including: classification of lipids; their digestion and absorption; disturbances in fat metabolism; types of fats to be consumed in diet and their relation to health; recent recommended levels of various types of fatty acids, total fats and oils in daily diets; the correlation of dietary fat, fat composition and fatty acids on human nutrition; role of trans fat, cholesterol, saturated, monounsaturated and polyunsaturated (omega- 6 and omega-3) fatty acids in coronary heart disease, cancer and immune system; fat substitutes/replacers, chemical composition of vegetable oils and their blending for good health; hypocholesterolemic effect of dietary fibre; recent trends in production and consumption of oilseeds and oils at global and national level etc. This book is a ready reference and an indispensable resource for students, health professionals, academicians and anyone who is interested to learn about oils, fats and their role in human nutrition, health and disease. Tables of Contents:- Preface v 1. Definition and Classification of Lipids I 1 2. Definition and Classification of Lipids II 37 3. Gastrointestinal Digestion and Absorption of Lipid 64 4. Disturbances in Lipid Metabolism 82 5. Types of Fats Consumed in Diet and their Relation to Health 91 6. Health Effects of Trans Fatty Acids 108 7. Role of Cholesterol in Human Health 123 8. Cardiovascular Disease...



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