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## Fats and Oils in Health and Nutrition

By A. Mutneja, V. Khetarpaul, N. Khetarpaul

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...

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