



Nutraceutical and Specialty Lipids and their Co-Products (Nutraceutical Science and Technology)

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While certain saturated and *trans* fats continue to face scrutiny as health hazards, new evidence indicates that, in addition to supplying foods with flavor and texture, fats also provide us with dietary components that are absolutely critical to our well-being. The importance of essential fatty acids and fat-soluble vitamins and other minor components delivered by lipids is well known, as are the benefits and essentiality of long-chain omega-3 and omega-6 fatty acids. And now, with new research connecting lipids to heart health, mental health, and brain and retina development, the market has responded by providing health-conscious consumers with lipid foods, including spreads, breads, cereals, juices, and dairy products.

Nutraceutical and Specialty Lipids and their Co-Products presents a thorough assessment of the current state of the chemistry, nutrition, and health aspects of specialty fats and oils. Fereidoon Shahidi, editor-in-chief of the *Journal of Food Lipids* and a past chair and co-founder of the Nutraceuticals and Functional Foods Division of the Institute of Food Technologists, brings together top researchers to address the potential application and delivery of lipids in functional foods. Sharing much of their own research, they offer an unparalleled view of the field that covers basic lipid chemistry, as well as the most progressive findings concerning the nutritional value of beneficial lipids. They include research on cereal grain, marine, fruit seed, and tree nut oils, as well as oilseed medicinals, fat replacers, and many other sources of lipids. They also consider stability issues and the latest tools being used for lipids purification.

Covering the full range of these essential diet components, this cutting-edge volume serves to meet the needs of scientists and students in research and product development, as well as health and nutrition specialists.

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