



Improving the Fat Content of Foods (Woodhead Publishing Series in Food Science, Technology and Nutrition)

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As health problems such as obesity, heart disease and diabetes increase in many developed and developing countries, the food industry has come under mounting pressure to improve the nutritional quality of its products. Particular attention has focused on the health problems associated with saturated fats in food and on the potential health benefits of increasing monounsaturated and polyunsaturated fat content. Summarising key research in this field, this important collection reviews both the influence of dietary fats on health and practical strategies for improving the fat content of food products.

Part one reviews the evidence on the links between dietary fats and health. There are chapters on the links between saturated fatty acid intake, obesity, coronary heart disease, diabetes and cancer, as well as the health benefits of monounsaturated fats, polyunsaturated fatty acids (PUFAs) and conjugated linoleic acids (CLAs). Part two then discusses ways of reducing saturated fatty acids in food. It includes chapters on the role of lipids on food quality and ways of gaining consumer acceptance of low-fat foods, as well as chapters on improving fatty acid composition in dairy products and milk and the use of fat replacers. The final part of the book reviews ways of using polyunsaturated and other modified fatty acids in food products. It includes chapters on developing and using PUFAs as functional ingredients and ways of improving the sensory quality of products incorporating modified fats.

With its distinguished editors and international team of contributors, Improving the fat content of foods is a standard reference for nutritionists and product developers in the food industry.

- Reviews the influence of dietary fats on health
- Investigates practical strategies for improving the fat content of food products
- Discusses improving the fat content of foods whilst maintaining sensory quality

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