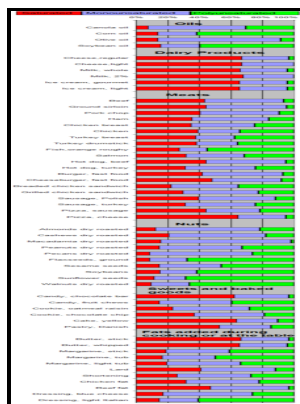# Fatty acids in foods and their health implications

M. Dekker - Omega 3

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Nutrition Physiology
Dietary Fats
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Fatty Acids in Foods and their Health Implications, Third Edition (Food Science and Technology)

Peng Fatty Acids in Oilseeds Vegetable Oils , P.

Fatty Acids in Foods and their Health Implications

Fatty acids are produced by the breakdown of fats that are present in our body and the fat we get from the food in our diet. It is also found in coconut oil and any types of Nuts. Omega-3 has most of the health benefits and truth is most diet deficit in Omega-3.

Fatty acids in foods and their health implications

Regular consumption of beans is associated with balanced and blood pressure, as well as better glucose control and weight management. This book focuses heavily on the chemistry of trans fatty acids, with extensive explanations of their synthesis and measurement. In several studies, patients taking GLA were able to reduce the use of drugs such as antibiotics, oral steroids and topical steroids.

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