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Nota di contenuto	Part I. Molecular and nutritional basis of cell membranes and lipidomics -- Part II. Membrane lipidomics for personalized health.
Sommario/riassunto	Lipidomics is an important aspect of personalized medicine in relation to nutrition and metabolism. This approach has become important due to the substantial presence of nutraceuticals in the market, since it gives personalized criteria on how to choose the right nutraceutical strategy for both prevention and for quality of life. This multi-disciplinary textbook uses a simple and practical approach to provide a comprehensive overview of lipidomics and their connection with health and nutrition. The text is divided into two parts: Part 1 outlines the basics of lipidomics and focuses on