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| 1. Record Nr. | UNINA9910484904503321 |
| Titolo | Bioaccessibility and digestibility of lipids from food // Myriam M-L Grundy, Peter J. Wilde, editors |
| Pubbl/distr/stampa | Cham, Switzerland : , : Springer, , [2021] ©2021 |
| ISBN | 3-030-56909-8 |
| Edizione | [1st ed. 2021.] |
| Descrizione fisica | 1 online resource (VIII, 231 p. 29 illus., 17 illus. in color.) |
| Disciplina | 612.397 |
| Soggetti | Lipids - Metabolism Lipids in human nutrition |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di contenuto | Part 1- Digestion of lipids -- 1 Enzymes involved in lipid digestion -- 2 Colloidal events that may affect lipid bioaccessibility and digestibility -- 3 In vivo and in vitro evaluation of lipid digestion -- Part 2- Lipid metabolism -- 4 Oral processing of lipids -- 5 Physiological aspects of lipid digestion -- 6 Lipid and cardiovascular disease risks -- Part 3- Food structure -- 7 Plant food and dietary fibres -- 8 Dairy products and lipid digestion -- 9 Interaction with macronutrients -- Part 4 Other forms of lipids -- 10 Lipid digestion and bioaccessibility of lipid soluble molecules -- 11 Sterols digestion. |
| Sommario/riassunto | The structure of a food influences the way it is transformed during processing and digestion. This in turn has an impact on nutrient bioaccessibility (release) and digestibility, and subsequently on the physiological response and health of the individual who consumes that food. Although evidence exists on the health benefits associated with the inclusion of certain lipid-rich foods (e.g. nuts, dairy products and fish) in the diet, the mechanisms that explain the physiological effects and the long-term benefits are not well understood. Lipids in themselves have many beneficial health effects: they are a source of energy and essential fatty acids, they are structural components of cell membranes, they are required to solubilise fat soluble compounds, and they serve as precursors of hormones. In addition, the overall structure |

of the food containing the lipids plays a crucial role in determining health benefits, notably by influencing lipid bioaccessibility and digestibility. Bioaccessibility and digestibility of lipids from food uniquely focuses on the physico-chemical properties of lipids and lipid rich food, as well as the subsequent effects on human health. Chapters from experts in food digestion examine food structure at both the macro- and micro- levels, covering lipids from plant and animal food products. The editors have developed the book for dietitians, nutritionists, and food scientists. Clinicians and other health professionals, educators in nutrition, and others working in the food industry will also find the material relevant.
