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prevalence of obesity, the metabolic syndrome and type 2 diabetes. This book outlines and addresses the metabolic factors and related diseases that contribute to CVD, including brief introductions to metabolic pathways including lipid and lipoprotein metabolism, macronutrient fuel partitioning, insulin action and body weight regulation. Mechanisms that relate to becoming obese, maintenance of the obese state, the dyslipidemias, and glucose intolerance