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Sommario/riassunto

Omega-3 fatty acids provide many health benefits, from reducing cardiovascular disease to improving mental health, and consumer interest in foods enriched with omega-3 fatty acids is increasing. Formulating a product enriched with these fatty acids that is stable and has an acceptable flavour is challenging. Food enrichment with omega-3 fatty acids provides an overview of key topics in this area. Part one, an introductory section, reviews sources of omega-3 fatty acids and their health benefits. Chapters in part two explore the stabilisation of both fish oil itself and foods enriched wi
