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| Nota di contenuto | <p>Intro -- MILK CONSUMPTION AND HEALTH -- Contents -- Preface --</p> <p>Plant Sterols and Plant Stanols in MilkProducts Used as Functional Foods:Effects on Cardiovascular RiskDiseases Prevention -- Abstract --</p> <p>1. Introduction -- 2. Plant Sterols and Plant Stanols -- 2.1. Nomenclature, Chemical Structures and Properties -- 2.3. Estimated Average Intakes of Phytosterols -- 2.4. Prevention of Cardiovascular Diseases -- 2.4.1. Mechanisms of Cholesterolemia Reduction -- 2.4.1.1. Competition between Cholesterol and Phytosterols for MixedMicelles Solubilization -- 2.4.1.2. Phytosterols and Cholesterol Co-crystallization -- 2.4.1.3. Reducing Cholesterol Absorption via Competition with CholesterolTransporters -- 2.4.1.4. Inhibition of Enzymes Involved in Phytosterols Absorption Process -- 2.5. Hypocholesterolemic Comparison between Plant Sterolsand Stanols -- 2.6. Phytosterols Safety Use -- 3. Milk and other Dairy Products Enrichedwith Phytosterols -- 3.1. Legislation -- 3.2. Market of Phytosterols Enriched Foods -- 3.2.1. Authorized Foods -- 3.2.2. Market Characterization -- 3.3. Labelling -- 3.4. Intake Recommendations -- 3.5. Technological Aspects -- 3.5.1. Phytosterols Formulations -- 3.5.1.1. Esterified Phytosterols Formulations -- 3.5.1.2. Free Phytosterols Formulations -- 3.6. Phytosterols Alimentary Matrices -- 3.7. Phytosterols Analytical Methodologies -- 3.7.1. Sample Preparation -- 3.7.1.1. Solvent Extraction -- 3.7.1.2. Saponification -- 3.7.1.3. Unsaponifiable Fraction Extraction -- 3.7.2. Determination --</p> |

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