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4.2.2 Fatty acid composition of canola oil

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#### Sommario/riassunto

Our dietary intake comprises three macronutrients (protein, carbohydrate and lipid) and a large but unknown number of micronutrients (vitamins, minerals, antioxidants, etc). Good health rests, in part, on an adequate and balanced supply of these components. This book is concerned with the major sources of lipids and the micronutrients that they contain. Now in an extensively updated second edition, the volume provides a source of concentrated and accessible information on the composition, properties and food applications of the vegetable oils commonly used in the food industry. Chapters are

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