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contact details; Woodhead Publishing Series in Food Science, Technology and Nutrition; Part I: Saturated fats in foods: functional and nutritional aspects; Chapter 1: Saturated fats in foods and strategies for their replacement: an introduction; Abstract:; 1.1 Background to the need to reduce saturated fats; 1.2 Chemistry and structure of fatty acids and triglycerides; 1.3 Saturated fat and fatty acid consumption in the EU, US and UK; 1.4 Opposing views on effects of saturates on cardiovascular disease

1.5 Replacements for saturates1.6 Areas not covered by specific chapters in this book; 1.7 Future trends; 1.8 Sources of further information and advice; Chapter 2: The functional attributes that fats bring to food; Abstract:; 2.1 Introduction; 2.2 Perception of fat; 2.3 Role of fat in the texture of foods; 2.4 Engineering fat to tailor appetite; 2.5 Consequences for strategies to reduce fat; 2.6 Future trends; 2.7 Sources of further information and advice; 2.8 Acknowledgements; Chapter 3: Sources of saturated and other dietary fats; Abstract:; 3.1 Introduction

3.2 Vegetable oils rich in saturated fats3.3 Mammalian milk fats; 3.4 Animal carcass fats; 3.5 Hydrogenated fats; 3.6 The trans effect; 3.7 Future trends; 3.8 Sources of further information and advice; Chapter 4: Health aspects of saturated fatty acids; Abstract:; 4.1 Introduction; 4.2 Atherosclerosis as the basis for cardiovascular diseases (CVD); 4.3 Effects of individual fatty acids on plasma total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides (VLDL); 4.4 Effects of fatty acids on other biomarkers related to coronary heart disease (CHD) 4.5 Evidence linking LDL cholesterol to the development of atherosclerosis and CHD4.6 Effects of saturated fatty acids (SFA) on disease states related to CVD; 4.7 Cancer; 4.8 Dietary recommendations related to SFA; 4.9 Trends in consumption of SFA as related to trends in mortality and incidence of CVD; 4.10 Conclusion; Chapter 5: Chronic disease risk associated with different dietary saturated fatty acids; Abstract:; 5.1 Introduction; 5.2 Key dietary saturated fatty acids; 5.3 Chronic disease risk differences between different saturated fatty acids; 104 Reducing saturated fats in foods 5.4 The 'stearic acid' effect - chronic disease risk effects of stearic acid5.5 Future trends; Chapter 6: Nutritional characteristics of palm oil; Abstract:; 6.1 Introduction; 6.2 Serum cholesterol, lipoproteins and dietary fatty acids; 6.3 Effects of palm olein as part of a low-fat healthy diet; 6.4 Effects of dietary fatty acids on LDL-C/HDL-C ratios; 6.5 Palm oil minor components; 6.6 Conclusion and future trends; 6.7 Sources of further information and advice; Part II: Food reformulation to reduce saturated fats; Chapter 7: Reducing saturated fat using emulsion technology; Abstract:

7.1 Introduction

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## Sommario/riassunto

The need to reduce saturated fat levels in food and the different ways of doing this are among the most important issues facing the food industry. Reducing saturated fats in foods reviews the sources and effects of saturated fats in food and the ways in which the food industry can effectively reduce saturates. Part one covers the functional and nutritional aspects of saturated fats in foods, with chapters covering sources of dietary saturated fats, their functional attributes and the health issues associated with saturated fatty acids. Part two focuses on reducing saturated fats through

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