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information and advice; 3.6 References; 4 Stabilization of omega-3 oils and enriched foods using antioxidants; 4.1 Introduction; 4.2 Lipid oxidation and antioxidant reactions; 4.3 Antioxidant protection of oils and oil-based products; 4.4 Antioxidant protection of other food products; 4.5 Future trends; 4.6 Conclusion; 4.7 References; 5 Stabilization of omega-3 oils and enriched foods using emulsifiers; 5.1 Introduction; 5.2 Reasons for using emulsifiers  
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7.6 Examples in literature of the analysis of omega-3 containing foods

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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

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