



Vegetable Oils in Food Technology: Composition, Properties and Uses (Chemistry and Technology of Oils and Fats)

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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.

The volume provides a source of concentrated but accessible information on the composition, properties and uses of the vegetable oils commonly found within the food industry. It includes the modifications of these oils that are commercially available by means of partial hydrogenation, fractionation and seed breeding. The major food uses are linked, wherever possible, to the composition and properties of the oils.

This is a book for food scientists and technologists, chemists and technologists working in oils and fats processing, analytical chemists and quality assurance personnel.

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