



Lipids: Nutrition and Health

Claude Leray

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The role of lipids in nutrition science has evolved considerably in the past decade with new concepts following new discoveries. **Lipids: Nutrition and Health** reviews the role of dietary lipids in maintaining health, bringing the latest knowledge from a myriad of sources into one convenient resource. Taking a combined approach that integrates lipid nutrition with normal physiology and clinical applications, the book presents a detailed account of the nutritional aspects of all types of lipids—fatty acids, triacylglycerols, phospholipids, sphingolipids, sterols, and fat-soluble vitamins (A, D, E, K).

The book introduces the biochemistry and sources of lipid compounds, followed by coverage of lipid requirements for a healthy state. Organized by lipid category, the text describes the role played by each lipid in various chronic diseases. It examines specific macronutrients and micronutrients, emphasizing their absorption, metabolism, and deficiency symptoms with respect to their roles in cardiovascular disease, cancer, metabolic diseases, inflammatory diseases, and various pathologies of the nervous system.

Offering a broad overview of all aspects of lipids, from the fatty acids to the other forms of fats, the book provides an extensive and up-to-date survey of the impact of dietary lipids on various aspects of pathological situations. It provides the information needed to efficiently translate new research findings and clinical experiences into practical and personalized recommendations for preventing diseases and treating pathologies induced by poor dietary conditions.

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