Contents

1  Current trends in the consumption of fats and foods  1
   1.1  Introduction  1
   1.2  Production trends of fats and oils  2
   1.3  Fat consumption trends  4
   1.4  Fats and nutrients  5
   1.5  Dietary fat intake trends  7
   1.6  Trends in healthy fats and foods  9
   1.7  Future trends  11
   References  14

2  Chemical and physical properties of lipids  17
   2.1  Introduction  17
   2.2  Classification of lipids  17
   2.3  Lipid class characteristics  18
   2.4  Chemical properties of lipids  31
   2.5  Physical properties of lipids  34
   References  37

3  Biochemical and bioactive properties of fats and oils  39
   3.1  Introduction  39
   3.2  Composition and properties of edible fats and oils  39
   3.3  Fatty acid metabolism and utilization  43
   3.4  Health effects of common fatty acids  47
   3.5  Special dietary fatty acids and their health effects  51
   3.6  Minor components of fats and oils  53
   References  57

4  Nutraceutical and functional properties of specialty lipids  65
   4.1  Introduction  65
   4.2  Specialty oils and fatty acids and their nutraceutical applications  66
   4.3  Fractionated lipids and cocoa butter substitutes  70
   4.4  Structured triacylglycerols  71
   4.5  Structured lipids and phospholipids  73
   4.6  Low calorie fat and oil substitutes  73
Contents

4.7 Plant sterol and stanol preparations 75
4.8 Lipid-soluble vitamins 75
4.9 Other specialty lipids in fats and oils 76
References 77

5 Current processing techniques for fats and oils 83
5.1 Introduction 83
5.2 Production of edible oils 85
5.3 Processing of vegetable oils 91
5.4 Types of oil products 102
References 106

6 Processing of oils for functional and nutritional applications 109
6.1 Introduction 109
6.2 Extraction of bioactive lipids 109
6.3 Concentration of bioactive lipids 111
6.4 Microencapsulation, emulsions, and nanoparticles 115
6.5 Stabilization of bioactive lipids 118
References 120

7 Modified oils—synthesis and applications of structured lipids and phospholipids 125
7.1 Introduction 125
7.2 Interesterification 125
7.3 Structured lipids 127
7.4 Structured phospholipids 130
7.5 Crystallization 132
7.6 Conclusions 133
References 133

8 New developments in micronutrients and lipids 137
8.1 Introduction 137
8.2 Micronutrients 138
8.3 Lipids as micronutrients 141
8.4 Micronutrients and metabolic oxidation 144
References 149

9 Role of antioxidants in the human diet and effects of food processing 155
9.1 Introduction 155
9.2 Basic chemistry of oxidation reactions in foods 155
9.3 Generation of free radicals and reactive oxygen species during food processing and storage 164
9.4 Antioxidant changes and roles during food processing 168
References 170

10 Nutrigenomics and lipids in the human diet 175
10.1 Introduction 175
10.2 Effects of dietary lipids on gene transcription 176
10.3 Nutrigenomics and obesity 181
10.4 Conclusions 185
References 185

11 Role of lipids and essential fatty acids in the infant diet 191
11.1 Introduction 191
11.2 Nutrition requirements for infants 192
11.3 Lipids in infant development 193
11.4 Essential fatty acids in the infant diet 196
11.5 Essential fatty acids in cognitive and visual development 198
11.6 Other lipids in infant development 200
11.7 Conclusions 201
References 201

12 Formulation of foods with bioactive and functional lipids 207
12.1 Introduction 207
12.2 Plant sterols and stanols 208
12.3 Diacylglycerols 210
12.4 Omega-3 fatty acids 210
12.5 Conjugated linoleic acid 211
12.6 Lorenzo’s oil 212
12.7 Lipid-soluble vitamins 214
12.8 Coenzyme Q10 216
12.9 Conclusions 216
References 218

13 Cosmetic and pharmaceutical properties of fats and oils 223
13.1 Introduction 223
13.2 Bioactive lipids and health 224
13.3 Lipids in drug delivery 227
13.4 Lipids in cosmetic applications 233
13.5 Quality of lipids in pharmaceutical and cosmetic applications 237
References 239