



Omega-3 Oils: Applications in Functional Foods

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This book addresses new applications of omega-3 fatty acids from both plant and marine sources in food supplements and pharmaceuticals and covers three basic areas: structure and function, production and processing, and health effects. The authors review the latest clinical evidence on the impact of consumption of omega-3 polyunsaturated fatty acids on prevalent human diseases such as inflammation-related illnesses in general and cardiovascular illnesses in particular. They also examine technologies to purify marine oils and protect them against oxidation as well as novel techniques for their incorporation into foods.

- Covers the role omega-3 plays in general health and disease and includes several reviews on the latest clinical evidence
- Explains different methods to deliver omega-3 to the consumer, through various methods including food fortification, nutritional supplements, and more
- Considerations for the processing of omega-3 oils to minimize conditions that could destroy the nutritional properties.

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