

Facts about Fats



The Facts About Fats

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The Facts About Fats:

The Facts about Fats John Finnegan,1991-09 **Facts about fats** J. Doppenberg,P.J. Van der Aar,2023-09-04 Fats and oils are more than just energy sources for animal feeds The fatty acids as part of triglycerides or in Fatty Acid products differ in chemical composition and physical characteristics The omega 3 and specifically the LC PUFA omega 3 fatty acids can be considered as functional nutrients Via the feeding of different fats and differing fat additions body composition and animal products can be modified The main use of fats and oils in the feed industry is however increasing the energy content of the feed economically Therefore knowledge about the digestibility of the fat for each animal category the metabolisable energy content and the efficiency with which this energy can be used for different production goals are of paramount importance for evaluating the fat source of choice This book has summarized the presently available knowledge from the scientific literature and concluded with a model to estimate the energy content in practice *The Facts about Fats* John Finnegan,1993

Beyond the Fear: The Truth About Fats and Your Health Mykola Iabluchanskyi,2024-10-12 This book challenges the widespread fear surrounding dietary fats debunking long held myths and illuminating the crucial roles fats play in maintaining health Beyond the Fear The Truth About Diet Fats and Your Health provides a comprehensive exploration of the biological functions and benefits of various types of fats Addressing common misconceptions the book illustrates how fats are not merely energy sources but are essential for cellular structure hormone production and overall physiological functions It delves into the complexities of fat metabolism within the body emphasizing the importance of balance and the harmful effects of processed and artificial trans fats Through a detailed examination of saturated unsaturated and polyunsaturated fats the book advocates for a nuanced understanding of dietary fats encouraging readers to embrace them as vital nutrients for a healthy lifestyle By integrating scientific evidence and practical advice the book aims to empower readers with the knowledge needed to make informed dietary choices that align with their health goals moving beyond outdated narratives to a balanced perspective on fats **Healthy Eating - The Facts** The Health-e-Buddy Editorial Team,2013-12-23 Healthy

eating plays an important part in protecting our bodies from disease helping to manage our weight and in providing the essential nutrients we need to function well With so many fad diets and conflicting advice available on the subject it can be difficult to decide which to trust Healthy Eating The Facts is a straightforward no nonsense guide to eating and drinking healthily Packed full of reliable information basic facts and sensible advice from both the NHS and the Health e Buddy team this easy to read eBook is the perfect reference point for those wanting to eat healthily Go for it [The NIH Record](#) ,1988

Nutrition For Dummies Carol Ann Rinzler,2006-06-12 You've been hearing it since you were a little kid You are what you eat But unlike most of the adages you've long since debunked this wise saying is true Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health no matter how you slice it This edition of Nutrition for Dummies has been updated with the latest revisions of the Dietary Guidelines for Americans new recommended daily

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An Introduction to the Chemistry of Plant Products: On the nature and significance of the commoner organic compounds of plants (Third edition) Paul Haas, Thomas George Hill, 1921

Fats that Heal, Fats that Kill Udo Erasmus, 1993 In Fats that Heal Fats that Kill expert Udo Erasmus takes an in depth look at the oil industry Read about the politics of health and the way our bodies assimilate oil Learn about modern healthful oils like flax evening primrose and hemp *An Introduction to the Chemistry of Plant Products: On the nature and significance of the commoner organic compounds of plants. 4th ed* Paul Haas, Thomas George Hill, 1928

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