
Contents

Foreword	ix
Acknowledgment	xi
Author	xiii
Chapter 1 Introduction, History, and Evolution	1
1.1 General Information	1
1.2 History of the Production and the Use of Lipids	2
1.3 Lipids and Human Nutrition: History and Evolution	3
1.4 Lipids and Health	6
References	7
Chapter 2 Nature and Sources of the Main Lipids	9
2.1 Introduction	9
2.2 Fatty Acids	11
2.2.1 Saturated Fatty Acids	11
2.2.2 Unsaturated Fatty Acids	13
2.2.2.1 <i>n</i> -9 Fatty Acids	13
2.2.2.2 <i>n</i> -6 Fatty Acids	13
2.2.2.3 <i>n</i> -3 Fatty Acids	14
2.2.3 <i>trans</i> Fatty Acids	15
2.2.4 Conjugated Linoleic Acids	16
2.3 Triacylglycerols	17
2.3.1 Crop Productions	18
2.3.1.1 Palm Oil	19
2.3.1.2 Soybean Oil	21
2.3.1.3 Rapeseed Oil	22
2.3.1.4 Sunflower Oil	23
2.3.1.5 Cottonseed Oil	24
2.3.1.6 Palm Kernel Oil	25
2.3.1.7 Peanut Oil	26
2.3.1.8 Olive Oil	26
2.3.1.9 Coconut Oil	27
2.3.1.10 Corn Oil	28
2.3.1.11 Sesame Oil	29
2.3.1.12 Linseed Oil	29
2.3.1.13 Processed Products: Margarines	30
2.3.2 Livestock Productions	32
2.3.2.1 Tallow	32
2.3.2.2 Lard	33
2.3.2.3 Butter	33

- 2.3.2.4 Fish Oils..... 36
- 2.3.2.5 Meat-Included Fats 37
- 2.4 Phospholipids..... 39
- 2.5 Glycolipids..... 41
- 2.6 Cholesterol and Phytosterols 42
- 2.7 Liposoluble Vitamins 43
 - 2.7.1 Vitamin A and Carotenoids 43
 - 2.7.1.1 Vitamin A 43
 - 2.7.1.2 β -Carotene 44
 - 2.7.1.3 Lutein and Zeaxanthin..... 44
 - 2.7.1.4 Astaxanthin..... 45
 - 2.7.1.5 Lycopene 45
 - 2.7.2 Vitamin D..... 45
 - 2.7.3 Vitamin E 47
 - 2.7.4 Vitamin K..... 48
- 2.8 Lipid Substitutes 49
 - 2.8.1 Low-Energy Lipids..... 49
 - 2.8.1.1 Structured Triglycerides 49
 - 2.8.1.2 Nondigestible Glycolipids..... 50
 - 2.8.2 Diacylglycerols..... 50
- References 51

Chapter 3 Lipids and Human Nutrition 53

- 3.1 Introduction 53
 - 3.1.1 History..... 53
 - 3.1.2 Total Energy Requirements..... 54
 - 3.1.3 Nature of Dietary Lipid Intakes 56
- 3.2 Metabolism and Dietary Requirements..... 59
 - 3.2.1 Triacylglycerols and Nutrition..... 62
 - 3.2.1.1 Absorption: Digestion..... 62
 - 3.2.1.2 Blood Transport 63
 - 3.2.1.3 Dietary Intakes of Lipids and Fatty Acids65
 - 3.2.1.4 Importance of the Triacylglycerol
Structure 106
 - 3.2.2 *trans* and Conjugated Fatty Acids 108
 - 3.2.2.1 *trans* Fatty Acids 109
 - 3.2.2.2 Conjugated Fatty Acids..... 112
 - 3.2.3 Cholesterol and Phytosterols 114
 - 3.2.3.1 Cholesterol 114
 - 3.2.3.2 Phytosterols..... 115
 - 3.2.4 Fat-Soluble Vitamins and Related Compounds 119
 - 3.2.4.1 Vitamin A and Carotenoids 120
 - 3.2.4.2 Vitamin D..... 127
 - 3.2.4.3 Vitamin E..... 138
 - 3.2.4.4 Vitamin K..... 143

3.2.5	Phospholipids	147
3.2.5.1	Phosphatidylcholine	147
3.2.5.2	Sphingomyelin	151
3.2.5.3	Phosphatidylserine	152
3.2.6	Glycolipids.....	153
3.2.6.1	Glycolipids Dietary Intake.....	154
3.2.6.2	Glycolipid Food Sources.....	154
3.2.6.3	Dietary Supplements.....	155
	References	155

Chapter 4	Lipids and Health	161
4.1	Introduction: Importance of Lipid Intake.....	161
4.2	Fatty Acids and Health	163
4.2.1	Saturated Fatty Acids	163
4.2.1.1	Long-Chain Saturated Fatty Acids	164
4.2.1.2	Short-Chain and Medium-Chain Fatty Acids	172
4.2.1.3	Branched-Chain Fatty Acids	174
4.2.2	<i>n</i> -9 Fatty Acids	175
4.2.2.1	Cardiovascular Disease	175
4.2.2.2	Cancers	177
4.2.3	<i>n</i> -6 Fatty Acids	178
4.2.3.1	Cardiovascular Disease	179
4.2.3.2	Cancers	180
4.2.3.3	<i>n</i> -6 to <i>n</i> -3 Fatty Acid Ratio	181
4.2.4	<i>n</i> -3 Fatty Acids	183
4.2.4.1	Cardiovascular Disease	184
4.2.4.2	Inflammatory and Immune Diseases.....	192
4.2.4.3	Metabolic Diseases	195
4.2.4.4	Cancers	197
4.2.4.5	Nervous Diseases.....	202
4.2.5	<i>trans</i> and Conjugated Fatty Acids	228
4.2.5.1	<i>trans</i> Fatty Acids	228
4.2.5.2	Conjugated Fatty Acids.....	232
4.2.6	Influence of the Structure of Triacylglycerols.....	235
4.3	Sterols and Health.....	236
4.3.1	Cholesterol.....	236
4.3.1.1	Cardiovascular Diseases.....	236
4.3.1.2	Nervous Diseases.....	239
4.3.1.3	Cancers	240
4.3.2	Phytosterols	241
4.4	Vitamins and Health.....	242
4.4.1	Vitamin A and Carotenoids	243
4.4.1.1	Vision.....	243
4.4.1.2	Immune System and Infections	246

4.4.1.3	Skin.....	248
4.4.1.4	Cancers.....	249
4.4.1.5	Cardiovascular System.....	251
4.4.1.6	Alzheimer's Disease.....	253
4.4.2	Vitamin D.....	254
4.4.2.1	Phosphocalcic Metabolism.....	255
4.4.2.2	Metabolic Diseases.....	256
4.4.2.3	Cardiovascular Diseases.....	258
4.4.2.4	Cancers.....	260
4.4.2.5	Nervous Diseases.....	263
4.4.2.6	Immunity.....	267
4.4.3	Vitamin E.....	272
4.4.3.1	Cardiovascular Diseases.....	272
4.4.3.2	Biosynthesis of Cholesterol.....	273
4.4.3.3	Cancers.....	273
4.4.3.4	Nervous Diseases.....	274
4.4.3.5	Immune System Disorders.....	277
4.4.3.6	Reproduction.....	277
4.4.4	Vitamin K.....	278
4.4.4.1	Blood Coagulation.....	278
4.4.4.2	Calcification (Bones and Arteries).....	279
4.4.4.3	Nervous Diseases.....	281
4.5	Phospholipids.....	282
4.5.1	Phosphatidylcholine.....	282
4.5.1.1	Cardiovascular Disease.....	282
4.5.1.2	Nervous Diseases.....	283
4.5.1.3	Liver Diseases.....	283
4.5.1.4	Physical Performances.....	284
4.5.2	Phosphatidylserine.....	284
4.5.2.1	Nervous Diseases.....	285
4.5.2.2	Physical Performance.....	286
4.6	Sphingolipids.....	287
4.6.1	Nervous Diseases.....	287
4.6.2	Intestinal Diseases.....	289
4.6.3	Cancers.....	290
4.6.4	Biosynthesis of Cholesterol.....	291
4.7	Replacement Lipids.....	291
4.7.1	Hypoenergetic Fats.....	292
4.7.1.1	Structured Triacylglycerols.....	292
4.7.1.2	Glycolipids.....	293
4.7.2	Diacylglycerols.....	293
	References.....	294

Abbreviations 303

Index..... 307