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obtained through partial hydrogenation of vegetable oils PHVOs provide the solid fat content melting and textural properties that consumers require in food products like butter margarines vegetable creams spreads and confectionary fats However saturated and trans fats increase low density lipoprotein while trans fats also lower high density lipoprotein serum levels These indicators increase the risk of developing cardiovascular disease type II diabetes stroke and have recently been associated with metabolic syndrome Consequently regulatory agencies worldwide have passed legislation restricting the addition of PHVOs and their derivatives i e shortenings to food products This has lead research groups worldwide to investigate different mechanisms to provide structural and physical properties to edible healthy unsaturated oils The overall objective is to achieve similar functional properties to those provided by PHVOs and shortenings to food products This book encompasses the work of leading researchers discussing from a scientific and technological perspective the latest and most innovative approaches to structure edible oils without the use of trans fats Additionally the authors discuss practical uses and technical limitations associated with the use of structured edible oils in different food systems Appealing to researchers and professionals working in lipid science food chemistry and fat metabolism it fills the gap in the literature for a book in this fast changing field

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