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Autor: Shahidi Fereidoon

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While certain saturated and trans fats continue to face scrutiny as health hazards, new evidence indicates that, in addition to supplying foods with flavor and texture, fats also provide us with dietary components that are absolutely critical to our well-being. The importance of essential fatty acids and fat-soluble vitamins and other minor components delivered by lipids is well known, as are the benefits and essentiality of long-chain omega-3 and omega-6 fatty acids. And now, with new research connecting lipids to heart health, mental health, and brain and retina development, the market has responded by providing health-conscious consumers with lipid foods, including spreads, breads, cereals, juices, and dairy products.