



Modern Dietary Fat Intakes in Disease Promotion (Nutrition and Health)

By -

Humana Press. Hardcover. Condition: New. This item is printed on demand. 500 pages. The industrial and agricultural revolutions have dramatically changed our lifestyles including where we get foods and what we eat. Modern diets have moved away from a close association with historically beneficial foods and diets towards foods and diets with increased fats and contaminants and with much lower intakes of fruits and vegetables. Modern Dietary Fat Intakes in Disease Promotion focuses on the scientific evidence that define such risks in modern diets with the consequences of increased illness, cancer and disease. There is also an emphasis on methods to reverse negative components of modern diets for health improvement. The volume is divided into six sections. The first section focuses on the behavioral aspects of eating and is followed by sections on fats, obesity and cardiovascular disease and fats and cholesterol. The fourth section contains novel chapters on the potential for contaminants in fats and oils to increase risk of illnesses. The fifth section examines fat induced disease and ill-health. The sixth section looks at dietary and pharmaceutical approaches to modify fat-induced disease and ill-health. Each section contains chapters that address treatment options as well as prevention strategies. Modern...



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