McClance

Fatty Acids

Supplement to the Composition of Foods

Fatty Acids is the latest supplement to McCance and Widdowson's The Composition of Foods and provides authoritative and evaluated data on 37 individual fatty acids for 522 foods consumed in the UK which are important sources of fat. The foods covered include cereals and cereal products, milk products and eggs, fats, oils, meat, poultry and meat products, fish and fish products, vegetables, herbs and spices, vegetable dishes, fruit, nuts, confectionery, preserves, snacks, beverages, soups and sauces. The fatty acid composition data are expressed in g per 100g of food in easy-to-read tables. The nutrient coverage includes total fat, total saturates, total cis and total trans mono- and polyunsaturates, with 13 individual saturated fatty acids, 14 monounsaturated fatty acids, 10 cis-polyunsaturated fatty acids, phytosterols and cholesterol. The data in Fatty Acids are compiled by the Ministry of Agriculture, Fisheries and Food, primarily from analyses commissioned as part of their Nutrient Surveillance Programme. Fatty Acids provides an important addition to the official UK food tables and essential data for professionals in food science and nutrition.

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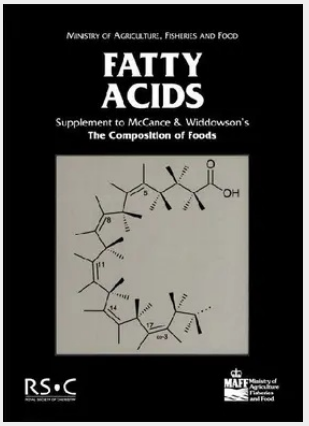

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