



Gourmet and Health-Promoting Specialty Oils

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The third volume in the AOCS PRESS MONOGRAPH SERIES ON OILSEEDS is a unique blend of information focusing on edible oils. These oils contain either unique flavor components that have led to their being considered "gourmet oils," or contain unique health-promoting chemical components. Each chapter covers processing, edible and non-edible applications, lipids, health benefits, and more related to each type of oil.

- Includes color illustrations of over 20 health-promoting specialty oils
- Comprehensive resource for the chemical and physical properties and extraction and processing methods of these specialty oils
- Describes and includes the health effects of over 50 different oils from plants, algae, fish, and milk

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