



The Return of w3 Fatty Acids into the Food Supply: I. Land-Based Animal Food Products and Their Health Effects International Conference, Bethesda, ... Review of Nutrition and Dietetics, Vol. 83)

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This unique publication for the first time brings together scientists from academia, government and industry to discuss the role of omega-3 fatty acids in health, the need to reintroduce them into the food supply, the methods by which this can be accomplished and the state of research. With the domestication of animals, there has been a change in animal feeds, which in turn transformed the composition of meats, particularly the content of essential fatty acids. Changes similar to those in meats have occurred in the composition of eggs, poultry and in fish from aquaculture. Up-to-date reviews on the role of omega-3 fatty acids in health, cardiovascular disease, bone remodeling relative to osteoporosis and in patients with retinitis pigmentosa emphasize the need for a balance of omega-6 and omega-3 fatty acids in the food supply. The reintroduction of omega-3 fatty acids into food products is discussed, and the methods involved in their production as well as their metabolic effects on human beings and companion animals are outlined. Overall, the papers presented indicate the necessity to establish recommended daily intakes for both omega-6 and omega-3 fatty acids. Furthermore, there is a need to redefine food safety; changes in food composition must also be taken into consideration. This unique publication is a valuable source for physicians, nutritionists, dietitians, veterinarians and agriculturalists, as well as for all those concerned with aspects of food production, food technology, food policy and consumer issues.

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