

Dietary Fats and Cancer — an Update

https://link.springer.com/chapter/10.1007/978-94-011-2986-2_11

Cited in:

Book Reference: Public Education on Diet and Cancer pp 101-114

Dietary Fats and Cancer — an Update

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Abstract

The term dietary fat covers a wide range of materials found in foods. In the past fat in the diet was important mainly because the major triglyceride component supplied a concentrated form of energy and because the fat also often carried many of the volatile flavouring compounds in food, thereby providing this energy in a palatable form. However, fat is not simply an energy supply — it has become apparent, firstly through the research into the role of different fatty acids in heart disease and increasingly in other health areas that different groups of fatty acids may have different physiological effects. Thus fatty acids with different chain lengths and degrees of saturation may be metabolized in subtly different ways which may be of benefit or otherwise to health. Recently the fact that different series of fatty acids (i.e. the ω 3 and ω 6 fatty acids) are metabolized in particular ways has also been seen as important.

Keywords: Breast Cancer Ovarian Cancer Breast Cancer Risk Endometrial Cancer Natl Cancer Inst

Reference

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