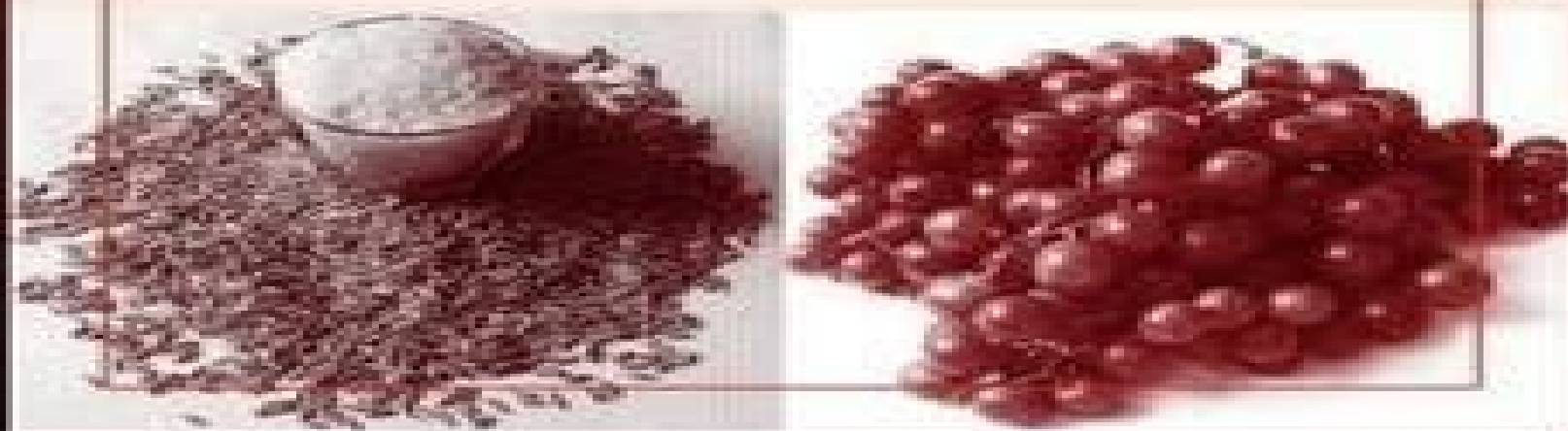


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Nutraceuticals and Functional Foods

Second Edition



EDITED BY ROBERT E. C. WILDMAN



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Handbook of Fermented Functional Foods, Second Edition Edward R.(Ted) Farnworth,2008-05-28 For centuries people around the world have used fermentation to preserve and enhance the flavor of a wide variety of foods Today complex interactions of microbiota in the digestive tract are found to influence proper digestion metabolism and disease resistance With greater emphasis on natural products and the role of food in health and wellbeing food manufacturers are once again turning to fermentation not just for extending shelf life but to create functional food products that take an active part in maintaining overall health Featuring five new chapters and updating all data to reflect the latest research findings Handbook of Fermented Functional Foods Second Edition examines the health benefits of fermented foods as well as the processes and production techniques involved in manufacturing fermented food products Maintaining the highest quality information and the easily accessible format of its predecessor this edition includes new chapters on olives tempeh and the traditional fermented foods of China Thailand and India It looks at the history of fermented foods and reveals the specific benefits of fermented milk Kefir yogurt and cheese Contributions cover fermented soy products including Natto and Miso as well as the fermentation of other vegetables such as Korean Kimchi and Doenjang and German sauerkraut The book also explains the bioactivity and bioavailability of microorganisms and investigates the more recent practice of producing probiotic cultures to add to fermented foods for increased health benefit Presenting new findings and interpretations that point even more clearly to the important role fermented foods play in our diet and overall health this second edition demonstrates the current knowledge of fermented food production and reflects the growing credibility of probiotics in health maintenance

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Functional Food Ingredients and Nutraceuticals John Shi, 2015-10-28 The second edition of a bestseller Functional Food Ingredients and Nutraceuticals Processing Technologies covers new and innovative technologies for the processing of functional foods and nutraceuticals that show potential for academic use and broad industrial applications The book includes a number of green separation and stabilization techno

Methods of Analysis for Functional Foods and Nutraceuticals W. Jeffrey Hurst, 2008-03-17 In the quest for accurate and efficient analysis of the diverse area encompassed by functional foods and nutraceuticals analysts encounter unique challenges Uncertainty over which compound is responsible for a particular health benefit forces analysts to look for marker compounds sometimes at extremely low levels and sometimes as part of a matr

Handbook of Nutraceuticals and Functional Foods ROBERT E C WILDMAN, PhD, 2016-04-19 Scientific advances in this field have not only given us a better understanding of what is an optimal diet but has allowed food and nutraceutical companies to market products with specific health claims fortify existing foods and even create new foods designed for a particular health benefit Handbook of Nutraceuticals and Functional Foods Second Edition compiles the latest data from authoritative scientific sources It provides hard evidence on the prophylactic and medicinal properties of many natural foods This handbook reviews more than 200 nutraceutical compounds Each chapter includes the chemical properties biochemical activity dietary sources and evidentiary findings for each compound New topics include the use of exopolysaccharides from lactic acid bacteria protein as a functional ingredient for weight loss and nutraceuticals to be used in the adjunctive treatment of depression Two new chapters discuss recent evidence on oxidative stress and the antioxidant requirements of athletes as well as the use of nutraceuticals for inflammation The scientific investigation of nutrition and lifestyle changes on the pain and debilitation of osteoarthritis is the subject of another new article The book concludes with a look at future marketing opportunities paying particular attention to the alleviation of obesity With contributions from a panel of leading international experts Handbook of Nutraceuticals and Functional Foods Second Edition provides instant access to comprehensive cutting edge data making it possible for food scientists nutritionists and researchers to utilize this ever growing wealth of information

Handbook of Fermented Meat and Poultry Fidel Toldrá, Iciar Astiasaran, Joseph Sebranek, Regine Talon, 2014-12-31 Fermented meat products have been consumed for centuries in many different parts of the world and constitute one of the most important

groups of food Bacterial cultures are used in their manufacture to preserve the meat and confer particular textures and sensory attributes Examples of fermented meats include salami chorizo pepperoni and saucisson This fully revised and expanded reference book on meat fermentation presents all the principle fermented meat products and the processing technologies currently used in their manufacture The 54 chapters of this substantial book are grouped into the following sections Meat fermentation worldwide overview production and principles Raw materials Microbiology and starter cultures for meat fermentation Sensory attributes Product categories general considerations Semidry fermented sausages Dry fermented sausages Other fermented meats and poultry Ripened meat products Biological and chemical safety of fermented meat products Processing sanitation and quality assurance There are five new chapters in the second edition that address the following topics Smoking and new smoke flavourings Probiotics Methodologies for the study of the microbial ecology in fermented sausages Low sodium in meat products and Asian sausages Handbook of Fermented Meat and Poultry Second Edition provides readers with a full overview of meat fermentation the role of microorganisms naturally present and or added as starter cultures safety aspects and an account of the main chemical biochemical physical and microbiological changes that occur in processing and how they affect final quality Finally readers will find the main types of worldwide fermented meat products typically produced in different areas with the description of their main characteristics *Korean Functional Foods* Kun-Young Park,Dae Young Kwon,Ki Won Lee,Sunmin Park,2018-04-19 Koreans believe the adage of food as medicine Therefore herbs or fruit ingredients such as ginger cinnamon adlay mugwort pomegranate and ginseng are used for their therapeutic effects as much as cooking This book provide information related to Korean functional food It first describes the history and culture of Korean foods and then compares Korean diet tables with other Asian countries and Western countries Also the book will cover detailed information of Korean functional foods such as kimchi soybean products ginseng salt oil and seeds It also deals with its health benefits and processing methods followed by rules and regulations related to its manufacture and sales **Phytochemicals in Goji Berries** Xingqian Ye,Yueming Jiang,2020-06-04 Goji berries *Lycium barbarum* which are widely distributed in Northwestern China Southeastern Europe and the Mediterranean areas have traditionally been employed in Chinese medicine from ancient times Goji berries also known as wolfberry have become increasingly popular in the Western world because of their nutritional properties often advertised as a superfood in Europe and North America With the development of analysis methods various chemical constituents have been identified including carbohydrates carotenoids flavonoids betaine cerebroside sitosterol amino acids trace elements vitamins and other constituents Polysaccharides have been identified as one of the major active ingredients responsible for biological activities *Phytochemicals in Goji Berries Applications in Functional Foods* a volume in the Functional Foods and Nutraceuticals Series provides information about the chemical biochemical botanic properties bioactive components and health benefits of Goji berries It also discusses postharvest storage technology processing technology and the development and utilization of Goji

berry by products in medicinal foods and functional foods as well as addressing food safety issues Features Provide information on Goji fruit origin and growing conditions distribution and biochemical properties Discusses such medicinal properties and health benefits of Goji berries as the capacity to lower blood pressure treat anemia maintain cholesterol levels in the normal range and decrease risk of cardiovascular disease Additionally Goji berries have anti inflammatory and anti tumor properties among others Includes information on traditional products new products and innovative processing technologies This book will serve college and university students majoring in food science nutrition pharmaceutical science and botanical science It also will serve as a unique reference for food science professionals pursuing functional foods marketing expansion as well as nutritional dietary management Readers will obtain sound scientific knowledge of the nutritional value and health benefits of the different Goji berry products such as juice cake soup snacks and medicinal foods Also available in the Functional Foods and Nutraceuticals series Korean Functional Foods Composition Processing and Health Benefits edited by Kun Young Park Dae Young Kwon Ki Won Lee Sunmin Park ISBN 978 1 4987 9965 2 Phytochemicals in Citrus Applications in Functional Foods edited by Xingqian Ye ISBN 978 1 4987 4272 6 Food as Medicine Functional Food Plants of Africa by Maurice M Iwu ISBN 978 1 4987 0609 4 For a complete list of books in the series please visit our website at <https://www.crcpress.com> Functional Foods and Nutraceuticals book series CRCFUNFOONUT

Bioavailability of Nutraceuticals and Bioactive Compounds Chibuike Udenigwe, Xiaohong Sun, 2025-09-30 Nutraceuticals and bioactive compounds are gaining increased attention from scientists industry professionals and consumers for their significant biological functions and health benefits beyond basic nutrition Oral bioavailability is a key determinant of their physiological effects making it essential to optimize their benefits and translate scientific discoveries into practical applications This comprehensive book provides an in depth exploration of the bioavailability of nutraceuticals and bioactive compounds It covers the fundamental principles assessment methods influencing factors and strategies to enhance bioavailability The book places particular emphasis on the individual forms of nutraceuticals and bioactive compounds By bridging the gap between fundamental science and practical applications it highlights cutting edge research and emerging technologies in nutraceuticals and functional foods What sets this book apart is its targeted focus on oral bioavailability integrating perspectives from food science biochemistry and pharmacokinetics It offers actionable insights and strategies to support the development of more effective nutraceuticals and dietary supplements **Food as Medicine** Maurice M. Iwu, 2016-11-25 This comprehensive book documents African plants used for functional and medicinal foods It contains more than 60 detailed monographs of African foods describing foods with various characteristics such as prebiotic probiotic satiety immune modulation stress reduction sports performance mental acuity sleep supporting metabolic syndrome antioxidant and unsaturated fats Plant description botanical names and synonyms plant part used habitat and distribution folk use nutritional content and chemistry are all fully detailed The book highlights indigenous African food processing technologies up to the

modern era **Phytochemicals in Soybeans** Yang Li, Baokun Qi, 2022-05-29 Soybeans represent an excellent source of high quality protein with a low content in saturated fat They can be made into various foods such as tofu miso breakfast cereals energy bars and soy cakes Much research has been carried out on the positive health effects of soybeans and increasing evidence shows that consumption of soybeans may reduce the risk of osteoporosis have a beneficial role in chronic renal disease lower plasma cholesterol and decrease the risk of coronary heart disease *Phytochemicals in Soybeans Bioactivity and Health Benefits* describes in detail the chemical characteristics of health promoting components of soybeans and soybean products their impacts on human health and emerging technologies about soybean processing and new products With 22 chapters containing the most recent information associated with soybean products topics of the chapters include soybeans role in human nutrition and health their composition and physicochemical properties action mechanism of their physiologic function processing engineering technology food safety and quality control Key Features Promotes soybean products as functional food with advanced processing technology Presents the basic research containing the experimental design methods used and a detailed description of the results Provides a systematic approach to the subject to facilitate a better comprehension of the subjects with illustrations and diagrams Includes a comprehensive and up to date list of references With contributions from authors around the world who are experts in their field this book contains new information on the health impacts of soybean consumption new product development and alternative technologies of soybean processing and will be useful for professors and researchers as well as graduate and undergraduate students alike

Phytochemicals in Citrus Xingqian Ye, 2017-09-11 Citrus fruits have long been popular around the world due to their good flavor taste high nutritional value and their healthy properties Citrus is well known as a rich source of vitamin C Citrus fruits also contain many other functional bioactive phytochemicals including terpenoids triterpenes flavonoids amino acids phenolic acids mineral constituents and polysaccharides which are beneficial to human health Citrus fruits are generally recognized as an outstanding source of biologically active compounds related to both nutritional and nutraceutical values *Phytochemicals in Citrus Applications in Functional Foods* focuses on up to date information on chemical properties of citrus fruits citrus food products and their health benefits The 16 chapters in the book provide a knowledge base on the chemical composition bioactive components biochemical properties food use and health benefits of citrus fruits The information in this book will help readers to better understand the health benefits of citrus fruits and products and their dietary applications The book is a unique reference for food science professionals engaged in functional foods and nutritional dietary management The book can also serve as a handy reference for college and university students majoring in food science nutrition pharmaceutical science and horticultural science *Marine Products for Healthcare* Vazhiyil Venugopal, 2008-10-20 Considered Mother Nature s medicine cabinet in many areas of the world marine organisms have been known from time immemorial to possess curative powers But until recently their bioactive compounds nutraceutical properties and commercial potential remained

undiscovered Bringing together widely scattered literature Marine Products for Healthca **Asian Berries** Gengsheng Xiao,Yujuan Xu,Yuanshan Yu,2020-12-17 As consumers look to natural foods to promote health and well being their focus has been on foods with recognized health properties Natural health products with rich antioxidant and high free radical scavenging activity such as Asian berries currently draw the interest of scientific researchers whose goal is to evaluate Asian berries nutritional and health promoting properties Collected in one source Asian Berries Health Benefits covers a wide array of different Asian berries their properties potential health benefits and possible uses Asian berries are well known traditional nutritional foods and herbal medicinals as well as valuable nourishing tonic which has been used for thousands of years in Asian countries They are traditionally employed as herbal medicinals from ancient times Recently Asian berries widely marketed as health foods have become increasingly popular in the Western world because of their health promoting properties This book explores a wide array of possibilities and benefits that come from Asian berries Key Features Defines chemical biochemical properties bioactive components and health benefits of Asian berries Details postharvest storage technology and processing technology development Explains utilization of Asian berries by products Discusses Asian berries functional foods as well as food safety issues Complete with 18 chapters written by experts in their field Asian Berries Health Benefits serves as an excellent reference for anyone interested in the science and technology of bioactive components from Asian berries as health promoting foods **Chinese Dates** Dongheng Liu,Xingqian Ye,Yueming Jiang,2016-07-06 Chinese Dates A Traditional Functional Food delivers unique information on Chinese dates jujubes as typical ethical foods and traditional health promoting foods It conveys a better understanding of Asian food cultures and provides historical information in regard to traditional functional foods and their dietary applications It discusses the h *Tea as a Food Ingredient* Junfeng Yin,Zhusheng Fu,Yongquan Xu,2022-07-29 Tea is one of the most widely consumed beverages worldwide and tea extract has been used in a variety of food products including beverages bread cakes ice cream wine biscuits dehydrated fruits and various meat and dairy products In recent years there is growing consumer interest in the tea extract supplemented products Tea as a Food Ingredient Properties Processing and Health Aspects provides extensive scientific information on the properties of tea foods chemical properties formulations and tea as ingredient to develop new health foods It describes tea food production chemical and physical properties sensory quality processing technology and health benefits Early chapters present information relating to scientific studies on the health benefits of tea and the latter chapters focus on introducing tea products into foods which is the major focus of the entire book Key Features Covers broad areas such as chemical properties bioactive components and health benefits of tea based foods Focuses on chemical properties of tea foods processing technologies functional food products and health benefits Explains how the addition of tea extract changes the properties of food and consumer sensory perception This book presents current and sound scientific knowledge on the nutritional value and health benefit of the different tea based food products and will be beneficial for food science

professionals as well as anyone with an interest in tea as a food ingredient and the benefits it can provide *Handbook of Animal-Based Fermented Food and Beverage Technology, Second Edition* Y. H. Hui, E. Özgül Evranuz, 2012-05-14 Fermented food can be produced with inexpensive ingredients and simple techniques and makes a significant contribution to the human diet especially in rural households and village communities worldwide Progress in the biological and microbiological sciences involved in the manufacture of these foods has led to commercialization and heightened interest among scientists and food processors *Handbook of Animal Based Fermented Food and Beverage Technology Second Edition* is an up to date reference exploring the history microorganisms quality assurance and manufacture of fermented food products derived from animal sources The book begins by describing fermented animal product manufacturing and then supplies a detailed exploration of a range of topics including Dairy starter cultures microorganisms *Leuconostoc* and its use in dairy technology and the production of biopreservatives Exopolysaccharides and fermentation ecosystems Fermented milk koumiss laban yogurt and sour cream Meat products including ham salami sausages and Turkish pastirma Malaysian and Indonesian fermented fish products Probiotics and fermented products including the technological aspects and benefits of cheese as a probiotic carrier Fermented food products play a critical role in cultural identity local economy and gastronomical delight With contributions from over 60 experts from more than 20 countries the book is an essential reference distilling the most critical information on this food sector

Handbook of Plant-Based Fermented Food and Beverage Technology, Second Edition Y. H. Hui, E. Özgül Evranuz, 2012-05-17 Fermented food can be produced with inexpensive ingredients and simple techniques and makes a significant contribution to the human diet especially in rural households and village communities worldwide Progress in the biological and microbiological sciences involved in the manufacture of these foods has led to commercialization and heightened interest among scientists and food processors *Handbook of Plant Based Fermented Food and Beverage Technology Second Edition* is an up to date reference exploring the history microorganisms quality assurance and manufacture of fermented food products derived from plant sources The book begins by describing fermented food flavors manufacturing and biopreservation It then supplies a detailed exploration of a range of topics including Soy beverages and sauce soymilk and tofu Fruits and fruit products including wine capers apple cider and juice mangos olive fruit and noni fruits Vegetables and vegetable products including red beet juice eggplant olives pickles sauerkraut and jalapeño peppers Cereals and cereal products including fermented bread sourdough bread rice noodles boza Chinese steamed buns whiskey and beer Specialty products such as balsamic vinegar palm wine cachapa brick tea shalgam coconut milk and oil coffee and probiotic nondairy beverages Ingredients such as proteolytic bacteria enzymes and probiotics Fermented food products play a critical role in cultural identity local economy and gastronomical delight With contributions from over 60 experts from more than 20 countries the book is an essential reference distilling the most critical information on this food sector

Anthocyanins in Subtropical Fruits M. Selvamuthukumaran, 2023-02-23 Anthocyanins are one of the powerful

antioxidants that can alleviate several lifestyle diseases such as heart diseases and hypertension They can reduce cancer by protecting cells against damage Several subtropical fruits including berries plums black grapes apricots and peaches among others are a rich source of anthocyanin Consumption of these fruits will prolong the longevity of consumers this is ascribed to the curative effects of anthocyanins present in those fruits Anthocyanins in Subtropical Fruits Chemical Properties Processing and Health Benefits discusses novel techniques adopted for the extraction of anthocyanins from various subtropical fruits In this book experts in the field examine solutions for efficiently extracting anthocyanins from subtropical fruits with higher yield Protocols for the commercial production of anthocyanins from various subtropical fruits with their applications are also discussed in detail Additional features Addresses chemical properties classification and stability of anthocyanins during processing and storage Discusses the benefits of using both thermal and non thermal processing methods for extraction of anthocyanins from various subtropical fruits Explains the applications of synthetic and natural anthocyanins in foods and their regulatory aspects Providing comprehensive information on extraction techniques as well as the chemical and health properties of anthocyanins from various subtropical fruits this book is a valuable resource for academic students research scholars and food scientists 9781032127958_

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