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Functional Foods: Principles and Technology (Woodhead Publishing Series in Food Science, Technology and Nutrition)

By Mingro Guo



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Functional foods - products which have health-promoting properties over and beyond their nutritional value - have become a significant food industry sector. The global market for these products remains dynamic and is predicted to grow further. Functional foods: Principles and technology provides both students and professionals with an authoritative introduction to the key scientific aspects and major product categories in this area.

The opening chapter introduces the principles of functional foods and explores industry and consumer roles in this evolving market. Subsequent chapters focus on the most significant product categories, reviewing ingredient sources, classification, chemical and physical properties, the wide range of therapeutic effects and possible mechanisms of action, among other topics. Antioxidants, dietary fiber, prebiotics and probiotics, lipids and soy are among the foods and food constituents covered. The Appendix contains laboratory exercises aimed at those using this book in a classroom situation.

Functional foods: principles and technology is an essential guide for all those studying and working with functional foods.

- Provides both students and professionals with an authoritative introduction to the key scientific aspects and major product categories
- Introduces the principles of functional foods and explores industry and consumer roles in this evolving market
- Focuses on the most significant product categories, reviewing ingredient sources, classification, chemical and physical properties



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Editorial Review

From the Back Cover

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About the Author

University of Vermont, USA

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