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Bioactive Foods in Promoting Health: Fruits and Vegetables

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Bioactive Foods in Promoting Health: Fruits and Vegetables From Academic Press

While everyone knows fruits and vegetables are beneficial to good health, it's increasingly seen as important to know which ones can be effective in treating specific illnesses. For example, which are good for cardiac care? Which can help combat and treat asthma? What are the safety concerns to be aware of when using herbs in combination with traditional medicines?

Diet and nutrition are vital keys to controlling or promoting morbidity and mortality from chronic diseases, and the multitude of biomolecules in dietary fruits and vegetables play a crucial role in health maintenance. They may, therefore, be more effective and certainly could have different actions beyond nutrients however this science is still evolving.

This book brings together experts working on the different aspects of supplementation, foods, and plant extracts, in health promotion and disease prevention. Their expertise and experience provide the most current knowledge to promote future research. Dietary habits need to be altered, for most people and the conclusions and recommendations from the various chapters in this book will provide a basis for that change.

The overall goal of this book is to provide the most current, concise, scientific appraisal of the efficacy of key foods and constituents medicines in dietary plants in preventing disease and improving the quality of life. While vegetables have traditionally been seen to be good sources of vitamins, the roles of other constituents have only recently become more widely recognized. This book reviews and often presents new hypotheses and conclusions on the effects of different bioactive components of the diet, derived particularly from vegetables, to prevent disease and improve the health of various populations.

- * Identify bioactive fruit and vegetable options for prevention or treatment of illness
- * Moves from general overview to disease specific applications providing a framework for further research and deeper understanding
- * Includes discussion of issues and challenges, permitting critical analysis and evaluation

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Editorial Review

About the Author

Ronald Ross Watson PhD is a professor of Health Promotion Sciences in the University of Arizona Mel and Enid Zuckerman College of Public Health. He was one of the founding members of this school serving the mountain west of the USA. He is a professor of Family and Community Medicine in the School of Medicine at the University of Arizona. He began his research in public health at the Harvard School of Public Health as a fellow in 1971 doing field work on vaccines in Saudi Arabia. He has done clinical studies in Colombia, Iran, Egypt, Saudi Arabia, and USA which provides a broad international view of public health. He has served in the military reserve hospital for 17 years with extensive training in medical responses to disasters as the chief biochemistry officer of a general hospital, retiring at a Lt. Colonel. He published 450 papers, and presently directs or has directed several NIH funded biomedical grants relating to alcohol and disease particularly immune function and cardiovascular effects including studying complementary and alternative medicines. Professor Ronald Ross Watson was Director of a National Institutes of Health funded Alcohol Research Center for 5 years. The main goal of the Center was to understand the role of ethanol-induced immunosuppression on immune function and disease resistance in animals. He is an internationally recognized alcohol-researcher, nutritionist and immunologist. He also initiated and directed other NIH-associated work at The University of Arizona, College of Medicine. Dr. Watson has funding from companies and non-profit foundations to study bioactive foods' components in health promotion. Professor Watson attended the University of Idaho, but graduated from Brigham Young University in Provo, Utah, with a degree in Chemistry in 1966. He completed his Ph.D. degree in 1971 in Biochemistry from Michigan State University. His postdoctoral schooling was completed at the Harvard School of Public Health in Nutrition and Microbiology, including a two-year postdoctoral research experience in immunology. Professor Watson is a distinguished member of several national and international nutrition, immunology, and cancer societies. Overall his career has involved studying many foods for their uses in health promotion. He has edited 120 biomedical reference books, particularly in health and 450 papers and chapters. His teaching and research in foods, nutrition and bacterial disease also prepare him to edit this book. He has 4 edited works on nutrition in aging. He has extensive experience working with natural products, alcohol, exercise, functional foods and dietary extracts for health benefits and safety issues, including getting 12 patents. Dr. Watson has done laboratory studies in mice on immune functions that decline with aging and the role of supplements in delaying this process as modified by alcohol and drugs of abuse.

Victor R. Preedy BSc, PhD, DSc, FRSB, FRSPH, FRCPath, FRSC is a senior member of King's College London. He is also Director of the Genomics Centre and a member of the Faculty of Life Sciences and Medicine.

Professor Preedy has longstanding academic interests in substance misuse especially in relation to health and well being. He is a member of the Editorial Board of Drug and Alcohol Dependence and a founding member of the Editorial Board of Addiction Biology. In his career Professor Preedy was Reader at the Addictive Behaviour Centre at The University of Roehampton, and also Reader at the School of Pharmacy (now part of University College London; UCL). Professor Preedy is Editor of the influential works *The Handbook Of Alcohol Related Pathology*, *The Neuropathology of Drug Addictions and Substance Misuse* and *The Handbook of Cannabis and Related Pathologies* (all published by Academic Press-Elsevier).

Professor Preedy graduated in 1974 with an Honours Degree in Biology and Physiology with Pharmacology. He gained his University of London PhD in 1981. In 1992, he received his Membership of the Royal College of Pathologists and in 1993 he gained his second doctoral degree (DSc). Professor Preedy was elected as a Fellow of the Institute of Biology in 1995 and also as a Fellow to the Royal College of Pathologists in 2000. He was then elected as a Fellow of the Royal Society for the Promotion of Health (2004) and The Royal Institute of Public Health and Hygiene (2004). In 2009, Professor Preedy became a Fellow of the Royal Society for Public Health and in 2012 a Fellow of the Royal Society of Chemistry.

To his credit, Professor Preedy has published over 600 articles, which includes peer-reviewed manuscripts based on original research, abstracts and symposium presentations, reviews and numerous books and volumes.

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