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A considerable amount of research has emerged in recent years on the science, technology and health effects of oats but, until now, no book has gathered this work together. *Oats Nutrition and Technology* presents a comprehensive and integrated overview of the coordinated activities of nutritionists, plant scientists, food

scientists, policy makers, and the private sector in developing oat products for optimal health.

Readers will gain a good understanding of the value of best agricultural production and processing practices that are important in the oats food system. The book reviews agricultural practices for the production of oat products, the food science involved in the processing of oats, and the nutrition science aimed at understanding and advancing the health effects of oats and how they can affect nutrition policies. There are individual chapters that summarize oat breeding and processing, the many bioactive compounds that oats contain, and their health benefits. With respect to the latter, the health benefits of oats and oat constituents on chronic diseases, obesity, gut health, metabolic syndromes, and skin health are reviewed. The book concludes with a global summary of food labelling practices that are particularly relevant to oats.

Oats Nutrition and Technology offers in-depth information about the life cycle of oats for nutrition, food and agricultural scientists and health practitioners interested in this field. It is intended to provoke thought and stimulate readers to address the many research challenges associated with the oat life cycle and food system.



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Editorial Review

From the Back Cover

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Users Review

From reader reviews:

Rebecca Shadwick:

This Oats Nutrition and Technology book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this reserve incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This Oats Nutrition and Technology without we realize teach the one who reading it become critical in imagining and analyzing. Don't possibly be worry Oats Nutrition and Technology can bring when you are and not make your bag space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This Oats Nutrition and Technology having fine arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

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