Exploring the Nutrition and Health Benefits of Functional Foods

Part of the Advances in Environmental Engineering and Green Technologies Book Series

Hossain Uddin Shekhar (University of Dhaka, Bangladesh), Zakir Hossain Howlader (University of Dhaka, Bangladesh) and Yearul Kabir (University of Dhaka, Bangladesh)

Description:

Health and nutrition have become global focal points as the population continues to grow exponentially. While providing food for the global population is crucial, it is also necessary to provide options that are nutritious in order to promote healthier lifestyles around the world.

Exploring the Nutrition and Health Benefits of Functional Foods provides a comprehensive overview of how dietary nutrition can impact people’s lives, prevent disease, and maintain an overall healthier lifestyle. Highlights theoretical and practical attributes of different functional foods and how they are utilized globally.

Readers:

This book is an essential reference for researchers, academics, students, policy makers, government officials, and technology developers.

ISBN: 9781522505914

Release Date: August, 2016

Copyright: 2017

Pages: 300

Topics Covered:

- Antimicrobial Films
- Benefits of Tea
- Cardiac Health
- Health Preservation
- Herbal Remedies
- Regional Foods
- Soy Products

Hardcover + Free E-Access: $200.00

E-Access + Free Hardcover: $200.00

Order Information
Phone: 717-533-8845 x100
Toll Free: 1-866-342-6657
Fax: 717-533-8661 or 717-533-7115
Online Bookstore: www.igi-global.com
Table of Contents

Chapter 1: Food and Cardiac Health: Protective Effects of Food on Cardiovascular System  
Aditi Jain, Jaypee Institute of Information Technology, India  
Vibha Rani, Jaypee Institute of Information Technology, India  

Chapter 2: Functional Food and Cardiac Health  
Santosh Jain Passi, University of Delhi, India  

Chapter 3: Lentils: A Novel Functional Food  
*Moez Al-Islam* Ezzat Fanis, University of Sharjah, UAE  
Amita Attlee, University of Sharjah, UAE  

Chapter 4: Health Promoting Effects of Kimchi  
Kim Hyun Ju, World Institute of Kimchi, Korea  
Han Eung-Soo, World Institute of Kimchi, Korea  

Chapter 5: Health Benefits of Tea  
Sumonto Mitra, Indian Institute of Toxicology Research, India  
Shashi Khandelwal, Indian Institute of Toxicology Research, India  

Chapter 6: Herbal Benefits of Tea  
Etotor Roland Eshiet, Sustainable Energy, Environmental and Educational Development (SEEED), USA  
Ernest E. Smith, Texas Tech University, USA  

Chapter 7: Functional Properties of Camel Milk  
Omar Amin Alhaj, King Saud University, Saudi Arabia  

Chapter 8: Pomegranate Peel and Fruit Extracts - A Novel Approach to Avert Degenerative Disorders  
Tariq Ismail, Bahauddin Zakariya University Multan, Pakistan  
Saeed Akhtar, Bahauddin Zakariya University Multan, Pakistan  
Muhammad Riaz, Bahauddin Zakariya University Multan, Pakistan  

Chapter 9: Yerba Mate: Chemistry, technology and biological properties  
Roberto Buffo, Universidad de San Pablo-T, Argentina  

Chapter 10: Health Benefits and Risks of Rice  
Zakir Hossain Howlader, University of Dhaka, Bangladesh  
Hossain Uddin Shekhar, University of Dhaka, Bangladesh  

Chapter 11: Soy and soy products, isoflavones, equol and health  
Battasar Mayo, IPLA-CSIS, Spain  
Lucia Guadamuro, IPLA-CSIS, Spain  
Ana Belen Flores, IPLA-CSIS, Spain  
Susana Delgado, IPLA-CSIS, Spain  

Chapter 12: Application of the Dietary Processed Sulphur Supplementation for Enhancing Nutritional and Functional Properties of Meat Products  
Chi Ho Lee, Konkuk University, Republic of Korea  

Chapter 13: Food in Health Preservation and Promotion - A Special Focus on the Interplay between Oxidative Stress and Pro-oxidant / Antioxidant  
Saikat Sen, Assam downtown University, India  
Raja Chakraborty, Assam downtown University, India  

Chapter 14: Antimicrobial Edible Films and Coatings for Fruits and Vegetables  
Amrita Poonia, Banaras Hindu University, India  

Chapter 15: Traditional African Foods and Their Potential to Contribute to Health and Nutrition  
John H. Muyonga, Makerere University, Uganda  
Sophie Nansereko, Makerere University, Uganda  
Ilona Steenkamp, Stellenbosch University, South Africa  
Marena Manley, Stellenbosch University, South Africa  
Judith Okoth, Jomo Kenyatta University, Kenya  

Chapter 16: Functional Foods of Indian Subcontinent  
Jiwan S. Sidhu, Kuwait University, Kuwait  
Taseem A. Zafar, Kuwait University, Kuwait  

Chapter 17: Functional Foods in Hypertension: Functional Foods in Cardiovascular Diseases  
Anil Gupta, Eklavya Dental College & Hospital, India