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9.5 Bioavailability of phenolic acids in wheat9.6 Use of post-harvest treatments to improve the bioaccessabilty of antioxidant in wheat-based ingredients; 9.7 Effects of processing on antioxidants in wheat-based food systems; References; 10 Buckwheat: A novel pseudocereal; 10.1 Introduction of buckwheat; 10.2 Nutritional composition of buckwheat; 10.3 Unique health components of buckwheat; 10.4 Allergens in buckwheat; 10.5 Research trends of buckwheat nutritional and functional properties; References; 11 Nutraceutical and health properties of psyllium; 11.1 Introduction
11.2 Health beneficial effects of psyllium

Sommario/riassunto

Cereal and pulse crops are staple foods that provide essential nutrients to many populations of the world. Traditionally, whole grains were consumed but most current foods are derived from refined fractions of cereal and pulse crops. Consumption of processed or refined products may reduce the health benefits of food. In wheat-based processed foods, for example, the removed 40% of the grain (mainly the bran and the germ of the wheat grain) contains the majority of the health beneficial components. These components, particularly non-essential phytochemicals such as carotenoids, polyphenols, phyt