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Descrizione fisica	1 online resource (407 pages)
Collana	Functional Foods and Nutraceuticals Series
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Soggetti	Medicinal plants - Africa Functional foods - Africa Traditional medicine - Africa
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	section I. Introduction to African functional foods -- section II. Functional foods in the management of certain diseases -- section III. Monographs.
Sommario/riassunto	This comprehensive book documents African plants used for functional and medicinal foods. It contains more than 60 detailed monographs of African foods, describing foods with various characteristics such as prebiotic, probiotic, satiety, immune modulation, stress-reduction, sports performance, mental acuity, sleep-supporting, metabolic syndrome, antioxidant, and unsaturated fats. Plant description, botanical names and synonyms, plant part used, habitat and distribution, folk use, nutritional content, and chemistry are all fully detailed. The book highlights indigenous African food processing technologies up to the modern era.