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METHODS FOR ASSAYING ANTIOXIDANT CAPACITY; 7. PLASMA ORAC VALUES; 8. ANTIOXIDANT CAPACITY OF FRESH AND STORED PRODUCTS 9. ANTIOXIDANT CAPACITY OF PROCESSED FRUITS AND VEGETABLES 10. ADDITIVE AND SYNERGIC ANTIOXIDANT EFFECTS; 11. NEW FOODS AND THE 'OMICS' DISCIPLINES; 12. FUNCTIONAL FOOD PRODUCTS; 13. SUMMARY; References; Chapter 4 Medicinal Activities of Essential Oils: Role in Disease Prevention; 1. INTRODUCTION; 2. ANTIOXIDANT ACTIVITIES; 3. ANTIVIRAL AND ANTIMICROBIAL ACTIVITIES; 4. ANTICARCINOGENIC ACTIVITIES; 5. ANTI-INFLAMMATORY ACTIVITIES; 6. SUMMARY; References; Chapter 5 Emerging Knowledge of the Bioactivity of Foods in the Diets of Indigenous North Americans; 1. INTRODUCTION 2. NATIVE TRIBES OF THE SONORAN DESERT 3. SUBSISTENCE BERRIES OF NATIVE AMERICAN TRIBAL COMMUNITIES; 4. PACIFIC NORTHWEST NATIVE DIETS; 5. SUMMARY; References; Chapter 6 Barriers and Facilitating Factors Affecting Fruit and Vegetable Consumption; 1. INTRODUCTION; 2. CURRENT FRUIT AND VEGETABLE CONSUMPTION IN THE US, AND US DIETARY GUIDANCE; 3. BARRIERS INHIBITING FRUIT AND VEGETABLE CONSUMPTION; 4. FACILITATORS PROMOTING FRUIT AND VEGETABLE CONSUMPTION; 5. PSYCHOSOCIAL PREDICTORS OF FRUIT AND VEGETABLE CONSUMPTION; 6. RECOMMENDATIONS FOR PROMOTING FRUIT AND VEGETABLE CONSUMPTION; 7. SUMMARY References Chapter 7 Healthy Eating: What Is the Role of the Economic Situation?; 1. INTRODUCTION; 2. ECONOMIC SITUATION AND SOCIOECONOMIC POSITION; 3. INCOME AND HEALTHY EATING; 4. ECONOMIC DIFFICULTIES AND HEALTHY EATING; 5. AFFORDABILITY: QUESTIONS OF FOOD COST AND PRICING; 6. AVAILABILITY AND ACCESS TO HEALTHY FOODS; 7. GENERAL DISCUSSION; 8. SUMMARY; References; Chapter 8 Trends in US Adult Fruit and Vegetable Consumption; 1. EVIDENCE SUMMARY; 2. DIETARY GUIDELINES; 3. FRUIT AND VEGETABLE INITIATIVES 4. TRENDS IN FRUIT AND VEGETABLE CONSUMPTION: DATA FROM NHANES III (1988-1994) AND NHANES 1999-2002

## Sommario/riassunto

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

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