

1. Record Nr.	UNINA9910380724603321
Autore	Issaoui Manel
Titolo	Polyphenols and the Mediterranean Diet // by Manel Issaoui, Amélia Martins Delgado, Candela Iommi, Nadia Chammem
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2020
ISBN	3-030-41134-6
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (VI, 54 p. 10 illus., 3 illus. in color.)
Collana	Chemistry of Foods, , 2199-689X
Disciplina	641.3 664
Soggetti	Food—Biotechnology Nutrition Botanical chemistry Food Science Plant Biochemistry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Polyphenols and the Mediterranean Diet. Chemistry, Sensorial Properties and Natural Sources -- Polyphenols as Bioactive Compounds in Foods and Food Supplements -- Dietary Intakes of Polyphenols in Selected Vegetables and Fruits.
Sommario/riassunto	This book focuses on polyphenols in the Mediterranean diet, providing a detailed overview of their chemical structure, extraction and analysis methods, and their role in the diet and in flavor. Phenols are important not only in terms of preventing a number of diseases due to their antimicrobial and antioxidant effects, but also in shaping our perception of foods. The first chapter discusses consumers' sensory assessment of foods containing polyphenols in terms of flavor and color, as well as the chemical properties and natural sources of phenolic compounds. The second chapter examines hygiene and safety claims with respect to naturally occurring polyphenols, especially in connection with organoleptic features. The third and final chapter examines the dietary sources of these molecules from various fruits, including processed products such as infusions, wines, oils and olives.

Given its scope, this book is a valuable resource for researchers in academia and industry interested in food safety, hygiene and production issues related to the Mediterranean diet.
