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Nota di contenuto	Foreword -- Preface -- Part I: Introduction to functional foods and nutraceuticals -- Chapter 1: Functional foods and health benefits -- Chapter 2: Bioavailability of Nutrients and Safety Measurements -- Part II: Components of functional foods -- Chapter 3: Polyphenols and carotenoids as functional Bioactives -- Chapter 4: Bioactive carbohydrates and sources -- Chapter 5: Bioactive peptides and sources -- Chapter 6: Fats and oils as sources of bioactive molecules -- Chapter 7: Micronutrients fortifications: Vitamins and minerals -- Chapter 8: Usefulness of prebiotics, probiotics, and synbiotics in improving health status -- Chapter 9: Cereals and grains as functional food in Unani system of medicine -- Chapter 10: Soya beans and other plant protein products -- Chapter 11: Honey., Chapter 12: Mushrooms -- Chapter 13: Beverages: Cocoa and other caffeine products -- Chapter 14: Milk and milk products -- Chapter 15: Fruits and vegetables -- Chapter 16: Fish and fish products -- Chapter 17: Medical foods and infant formulas -- Part III: Safety Concerns and way

forward -- Chapter 18: Nutraceutical stability, adulteration and way forward -- Chapter 19: Good manufacturing practices and safety issues in functional food industries -- Chapter 20: Food preservation concerns.

Sommario/riassunto

Functional foods and nutraceuticals are food products that naturally offer or have been modified to offer additional health benefits beyond basic nutrition. As such products have surged in popularity in recent years, it is crucial that researchers and manufacturers understand the concepts underpinning functional foods and the opportunity they represent to improve human health, reduce healthcare costs, and support economic development worldwide. *Functional Foods and Nutraceuticals: Bioactive Components, Formulations and Innovations* presents a guide to functional foods from experienced professionals in key institutions around the world. The text provides background information on the health benefits, bioavailability, and safety measurements of functional foods and nutraceuticals. Subsequent chapters detail the bioactive components in functional foods responsible for these health benefits, as well as the different formulations of these products and recent innovations spurred by consumer demands. Authors emphasize product development for increased marketability, taking into account safety issues associated with functional food adulteration and solutions to be found in GMP adherence. Various food preservation methods aimed at enhancing the quality and shelf life of functional food are also highlighted. *Functional Foods and Nutraceuticals: Bioactive Components, Formulations and Innovations* is the first of its kind, designed to be useful to students, teachers, nutritionists, food scientists, food technologists and public health regulators alike. .
