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Titolo	Nutrients and nutraceuticals for active and healthy ageing // edited by Seyed Mohammad Nabavi, 3 others
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ISBN	981-15-3552-3
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Descrizione fisica	1 online resource (VII, 282 p. 30 illus., 17 illus. in color.)
Disciplina	658
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Nota di contenuto	Chapter 1_ Ageing: demographic and epidemiological aspects -- Chapter 2_ Ageing phenotypes -- Chapter 3_ Age-related diseases -- Chapter 4_ Assessment of Nutritional Status in older people -- Chapter 5_ Nutrients and nutraceuticals in ageing -- Chapter 6_ Impact of Dietary fiber on Ageing -- Chapter 7_ Dietary Polyphenols for Active & Healthy Ageing -- Chapter 8_ Caloric Restriction in relation to nutrients and nutraceuticals in ageing -- Chapter 9_ Anti-inflammatory Nutrients and Nutraceuticals in ageing -- Chapter 10_ Anti-oxidant Nutrients and Nutraceuticals in ageing -- Chapter 11_ Functional Foods, and Dietary Patterns for Prevention of Cognitive Decline in ageing -- Chapter 12_ Mediterranean Diet for Active & Healthy Ageing -- Chapter 13_ Technological tools to promote nutraceutical diets and to improve nutrition in older people -- Chapter 14_ Conclusion.
Sommario/riassunto	This book focuses on the nutrients and nutraceuticals that promote active and healthy ageing – recently defined by the WHO as the process of development and maintenance of functional capacity that allows well-being at an advanced stage of life. There has been a rapid rise in the use of nutritional interventions as well as specific nutraceuticals in the management of multifactorial aspects of clinical health outcomes. Written by leading experts this book comprehensively discusses the various ageing phenotypes and age-related diseases. It also assesses the nutritional status of the elderly and the various epidemiological factors that influence it. It reviews the role of dietary fiber in disease-

free and fully functional ageing. Further, the book explores the benefits of polyphenols, which are secondary plant metabolites, in protecting against cancer, cardiovascular diseases, and various neurodegenerative diseases.
