

1. Record Nr.	UNINA9910555049003321
Titolo	Whole grains and health / / edited by Rikard Landberg, Nathalie Scheers
Pubbl/distr/stampa	Hoboken, New Jersey : , : Wiley, , [2020] ©2020
ISBN	1-118-93941-7 1-118-93940-9 1-118-93942-5
Edizione	[Second edition.]
Descrizione fisica	1 online resource (483 pages)
Disciplina	613
Soggetti	Grain - Therapeutic use Health Grain in human nutrition Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title Page -- Copyright Page -- Contents -- Preface -- Editors' Biographies -- Acknowledgments -- Contributing Authors -- Supplementary Material -- Chapter 1 The Structure of Cereal Grains and Their Products -- 1.1 Introduction -- 1.2 Grain structure -- 1.3 Embryo -- 1.4 Endosperm -- 1.5 Bran -- 1.5.1 Pericarp -- 1.5.2 Testa -- 1.5.3 Aleurone layer -- 1.6 Rolled cereals and porridge -- 1.7 Protein network-based products -- 1.7.1 Bread -- 1.7.2 Sourdough bread -- 1.7.3 Cakes -- 1.7.4 Pasta -- 1.8 Starch network-based products -- 1.8.1 Whole grain flakes -- 1.8.2 Puffed-grain cereals -- 1.8.3 Extruded breakfast cereals and snacks -- 1.8.4 Crispbread -- 1.9 Conclusions -- 1.10 References -- Chapter 2 Definition of Whole Grain and Determination of Content in Cereal Products -- 2.1 Introduction -- 2.2 Definition of whole grain in different countries -- 2.2.1 AACC International and American Whole Grain Council definitions of whole grain -- 2.2.2 Whole grain definition in Denmark and the Scandinavian Keyhole -- 2.2.3 The HealthGrain definition of whole grain -- 2.3 Definition of whole grain food -- 2.4 Recommendations for intake

of whole grain foods -- 2.5 Dietary recommendations for whole grain intake -- 2.6 Markers for whole grain wheat and rye content in food -- 2.7 Effects of processing on whole grain -- 2.8 References -- Chapter 3 Whole grain Fractions and Their Utilization in Foods -- 3.1 Introduction -- 3.2 Cereal technologies to obtain fractions from whole grains -- 3.3 The starchy endosperm fraction - a good source of energy -- 3.4 The germ fraction - the most unstable of cereal fractions -- 3.5 Bran fractions - a source of micronutrients to exploit? -- 3.6 Innovative fractions -- 3.6.1 The aleurone fraction - richest in micronutrients and phytochemicals -- 3.6.2 From a grain tissue separation to isolation of macromolecules.

3.7 Conclusion -- 3.8 References -- Chapter 4 Whole grain Carbohydrates -- 4.1 Introduction -- 4.2 General composition of whole grain carbohydrates -- 4.3 Dietary fibre -- 4.3.1 Arabinoxylan -- 4.3.2 -glucans -- 4.3.3 Other Cereal Dietary Fibres -- 4.3.4 Starch -- 4.4 Carbohydrate quality of whole grain foods -- 4.5 Slow digestion property of starch -- 4.6 Physical form of whole grain foods -- 4.7 Digestibility of dietary fibre -- 4.8 Phytochemicals -- 4.9 Future perspectives -- 4.10 References -- Chapter 5 Whole grain Content of Cereal Products -- 5.1 Introduction -- 5.2 Why is it important to know the whole grain content of food? -- 5.2.1 How whole grain content of cereal products has been reported -- 5.2.2 Quantifying whole grain content -- 5.2.3 Whole grain contents in different cereal foods -- 5.2.4 Measuring the whole grain content of foods -- 5.2.5 Reporting whole grain content in foods in clinical trials -- 5.3 How can we better measure whole grain content and intake in the future? -- 5.4 References -- Chapter 6 Whole grain consumption and associated lifestyle and sociodemographic factors -- 6.1 Introduction -- 6.2 Global whole grain intake -- 6.3 Whole grain intake according to Mica et al. (2015) -- 6.4 Single studies of whole grain intake -- 6.5 Consumers of whole grains -- 6.6 Recommendations and compliance with recommendations -- 6.7 Different cereal and product sources of whole grains -- 6.8 Factors associated with whole grain intake -- 6.9 Acknowledgements -- 6.10 References -- Chapter 7 Alkylresorcinols and Their Metabolites as Biomarkers for Whole grain Wheat and Rye -- 7.1 Introduction -- 7.2 What is a biomarker? -- 7.3 Dietary biomarkers -- 7.3.1 Biomarker features -- 7.4 Discovery and validation of a biomarker -- 7.4.1 Approaches for biomarker discovery -- 7.4.2 Biomarker evaluation.

7.5 Biomarkers of whole grain intake and cereal fibre -- 7.6 Alkylresorcinols as biomarkers of whole grain wheat and rye -- 7.6.1 Occurrence -- 7.6.2 Intake -- 7.6.3 Absorption -- 7.6.4 Distribution -- 7.6.5 Metabolism -- 7.6.6 Excretion -- 7.7 Analytical methods -- 7.8 Dose-response -- 7.9 Reproducibility -- 7.10 Relative validity -- 7.11 Applications -- 7.12 Interventions -- 7.13 References -- Chapter 8 Body Composition and Weight Management -- 8.1 Introduction -- 8.2 Obesity prevalence around the globe -- 8.3 Abdominal adiposity and cardiometabolic risk -- 8.4 Studies investigating the link between body weight and whole grain consumption -- 8.5 Defining grain ingredients and foods in observational studies -- 8.6 Defining grain ingredients and foods in intervention studies -- 8.7 Evidence from observational studies -- 8.7.1 Cross-sectional studies -- 8.7.2 Prospective cohort studies -- 8.8 Intervention studies -- 8.9 Studies without calorie-restriction -- 8.10 Studies with calorie-restriction -- 8.11 Proposed mechanism of action by which whole grains influence weight gain -- 8.12 Conclusion -- 8.12.1 Summary of the evidence -- 8.12.2 Future directions -- 8.13 Acknowledgements -- 8.14 References -- Chapter 9 Whole Grains and Type 2 Diabetes -- 9.1

Introduction -- 9.2 Evidence from epidemiological studies -- 9.2.1 Prospective studies -- 9.2.2 Cross-sectional studies -- 9.3 Evidence from randomized controlled trials -- 9.4 Potential biological mechanisms -- 9.5 Conclusions and future directions -- References -- Chapter 10 Whole Grains and Cardiovascular Disease -- 10.1 Introduction -- 10.2 Whole grains and CVD -- 10.3 Summary -- 10.4 References -- Chapter 11 Whole Grains and Cancer Risk -- 11.1 Introduction -- 11.2 Diet and cancer -- 11.3 Dietary fibre and colorectal cancer risk -- 11.4 Possible cancer protective mechanisms -- 11.5 Colorectal cancer. 11.5.1 Alkylresorcinols and colorectal cancer -- 11.6 Breast cancer -- 11.7 Other cancers -- 11.8 Cancer patients and prognosis -- 11.9 Epidemiological evidence - colorectal cancer -- 11.10 Epidemiological evidence - breast cancer -- 11.11 Epidemiological evidence - prostate cancer -- 11.12 Epidemiological evidence - endometrial cancer -- 11.13 Epidemiological evidence - stomach cancer -- 11.14 Epidemiological evidence - whole grains and cancer prognosis -- 11.15 Conclusion -- 11.16 Acknowledgments -- 11.17 References -- Chapter 12 Whole Grain Intake and Mortality -- 12.1 Introduction -- 12.2 Epidemiological evidence -- 12.2.1 Whole grains and mortality -- 12.2.2 Total mortality -- 12.2.3 Cardiovascular mortality -- 12.2.4 Total cancer mortality -- 12.2.5 Other causes of death -- 12.2.6 Summary -- 12.3 Types of whole grain products and varieties of grain -- 12.4 Dietary patterns with whole grains and mortality -- 12.5 Human intervention studies -- 12.6 Cell and animal studies -- 12.7 Conclusion -- 12.8 References -- Chapter 13 Whole Grains and Appetite -- 13.1 Introduction -- 13.2 Acute effects of whole grain intake on appetite -- 13.3 Potential mechanisms of acute effects of whole grain intake on appetite -- 13.3.1 Gastric emptying and distension -- 13.3.2 Lower glucose and insulin responses -- 13.3.3 Summary of potential mechanisms -- 13.4 Impact of whole grain characteristics on appetite and suggested mechanisms -- 13.4.1 Dietary fibre content -- 13.4.2 Structure and particle size -- 13.4.3 Cereal type -- 13.5 Second-meal effects of whole grain intake on appetite -- 13.5.1 Evidence from second meal studies -- 13.5.2 Potential Mechanisms of second-meal effects on appetite -- 13.6 Influence of whole grain characteristics on appetite and suggested mechanisms -- 13.7 Long-term effects of regular whole grain intake on appetite. 13.7.1 Evidence from intervention studies -- 13.7.2 Potential mechanisms of long-term effects on appetite -- 13.7.3 Potential adaption of appetite sensation to whole grain intake -- 13.8 Concluding remarks -- 13.9 References -- Chapter 14 Modulating Glycaemia with Cereal Products -- 14.1 Introduction -- 14.2 Postprandial glucose fluxes and hormonal responses determining glycaemia -- 14.3 Postprandial glucose fluxes - monitoring with the stable isotope technique -- 14.4 Glycaemia and underlying glucose fluxes - results of isotope studies -- 14.4.1 Postprandial glycaemia and glucose fluxes -- 14.4.2 Second-meal glycaemia and glucose fluxes -- 14.4.3 Postprandial glycaemia and hormonal response -- 14.5 Food factors influencing GIP release -- 14.6 Food factors influencing GLP-1 release -- 14.7 Conclusion -- 14.8 General implications -- 14.9 References -- Chapter 15 Whole Grains, Cereal Fibre and the Gut Function -- 15.1 Introduction -- 15.2 Whole grains and influence on gut physiology -- 15.2.1 Importance of molecular structure and solubility -- 15.2.2 Gastrointestinal transit time -- 15.2.3 Nutrient absorption -- 15.3 The intestinal gut microbiome -- 15.3.1 Whole grain cereals and the intestinal microbiome -- 15.4

Microbial fermentation end-products and their impact for gut function
-- 15.5 Microbiome mediated benefits of whole grain consumption --
15.6 References -- Chapter 16 Bioactive Compounds in Whole Grains
and Their Implications for Health -- 16.1 Introduction -- 16.2 Folate --
16.2.1 Chemical characteristics -- 16.2.2 Folate content in cereals --
16.2.3 The effect of food processing on folate content -- 16.2.4
Bioavailability and health implications of folate -- 16.2.5 Folate
and cancer -- 16.3 Glycine betaine, choline and trigonelline -- 16.4
Tocopherols and tocotrienols.
16.4.1 Chemical characteristics, contents in cereals and effects of food
processing.
