

1. Record Nr.	UNINA9910583065703321
Titolo	Yogurt in health and disease prevention // editor, Nagendra P. Shah
Pubbl/distr/stampa	London, [England] : , : Academic Press, , 2017 ©2017
ISBN	0-12-805272-4
Descrizione fisica	1 online resource (527 pages)
Disciplina	637.146
Soggetti	Yogurt - Health aspects Diet therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"Yogurt in Health and Disease Prevention examines the mechanisms by which yogurt, an important source of micro- and macronutrients, impacts human nutrition, overall health, and disease. Topics covered include yogurt consumption's impact on overall diet quality, allergic disorders, gastrointestinal tract health, bone health, metabolic syndrome, diabetes, obesity, weight control, metabolism, age-related disorders, and cardiovascular health. Modifications to yogurt are also covered in scientific detail, including altering the protein to carbohydrate ratios, adding n-3 fatty acids, phytochemical enhancements, adding whole grains, and supplementing with various micronutrients. Prebiotic, probiotic, and synbiotic yogurt component are also covered to give the reader a comprehensive understanding of the various impacts yogurt and related products can have on human health."--