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Titolo	Health-promoting properties of fruits and vegetables // edited by Leon A. Terry
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Descrizione fisica	1 online resource (427 p.)
Altri autori (Persone)	TerryLeon A (Leon Alexander)
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Soggetti	Fruit in human nutrition Vegetables in human nutrition
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Alliums -- Gemma A. Chope, Katherine Cools and Leon A. Terry -- Avocado / Marjolaine Meyer ... [et al.] -- Blueberry and cranberry / Charles Forney and Wilhelmina Kalt -- Brassicas / Peter Walley and Vicky Buchanan-Wollaston -- Citrus / Amarat H. Simonne and Mark Ritenour -- Curcubits / Mark Hodges and Gene Lester -- Exotics / Nettra Somboonkaew and Leon A. Terry -- Grapes / Pierre-Louis Teissedre and Christian Chervin -- Leafy vegetables and salads / Peter Toivonen and D. Mark Hodges -- Pome / Chris Watkins and Ruihai Liu -- Potato and other root crops / Anne Pihlanto -- Prunus / Ariel R. Vicente ... [et al.] -- Ribes and rubus / Jordi Gine Bordonaba and Leon A. Terry -- Strawberry / Jordi Gine Bordonaba and Leon A. Terry -- Tomato and other solanaceous fruits / Amarat H. Simonne, Cecilia do Nascimento Nunes and Jeffrey K. Brecht -- Tropical / Thiruchelvam Thanaraj and Leon A. Terry -- Methodologies for extraction, isolation, characterisation, and quantification of bioactive compounds / Katherine Cools, Ariel Vicente and Leon A. Terry -- Methodologies for in-vitro and in-vivo activity of bioactive compounds / Paul J. Thornalley, Mingzhan Xue and Naila Rabbani.
Sommario/riassunto	Fruits and vegetables are among the richest sources of ascorbic acid, other antioxidants and they produce specific bioactive compounds. A

general consensus from health experts has confirmed that an increased dietary intake of antioxidant compounds found in most fresh produce types may protect against oxidative damage caused by free radicals and reduce the incidence of certain cancers and chronic diseases. This work collectively discusses and reviews empirical data on the health promoting properties of all fresh produce types, and it provides detailed information on the identity, nature, bioava

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