

1. Record Nr.	UNINA9910765736203321
Autore	Giusti M. Monica
Titolo	Health-Promoting Components of Fruits and Vegetables in Human Health // M. Monica Giusti, Taylor C. Wallace
Pubbl/distr/stampa	Basel, Switzerland : , : MDPI AG, , 2018
ISBN	3-03842-629-6
Descrizione fisica	1 online resource (336 pages)
Disciplina	613.2
Soggetti	Dietary supplements
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	<p>About the Special Issue Editors .vii -- Preface to "Health-Promoting Components of Fruits and Vegetables in Human Health" .ix -- Maria-Dolores Lozano-Baena, Inmaculada Tasset, Andres Munoz-Serrano, Angeles Alonso-Moraga and Antonio de Haro-Bailon Cancer Prevention and Health Benefices of Traditionally Consumed <i>Borago officinalis</i> Plants Reprinted from: <i>Nutrients</i> 2016, 8(1), 48; doi: 10.3390/nu8010048 1 -- Yue Zhou, Ya Li, Tong Zhou, Jie Zheng, Sha Li and Hua-Bin Li Dietary Natural Products for Prevention and Treatment of Liver Cancer Reprinted from: <i>Nutrients</i> 2016, 8(3), 156; doi: 10.3390/nu8030156 17 -- Can Liu, Longhai Dai, Yueping Liu, Long Rong, Dequan Dou, Yuanxia Sun and Lanqing Ma Antiproliferative Activity of Triterpene Glycoside Nutrient from Monk Fruit in Colorectal Cancer and Throat Cancer Reprinted from: <i>Nutrients</i> 2016, 8(6), 360; doi: 10.3390/nu806036040 -- Sydney Moser, Jongbin Lim, Mohammad Chegeni, JoLynne D. Wightman, Bruce R. Hamaker and Mario G. Ferruzzi Concord and Niagara Grape Juice and Their Phenolics Modify Intestinal Glucose Transport in a Coupled in Vitro Digestion/Caco-2 Human Intestinal Model Reprinted from: <i>Nutrients</i> 2016, 8(7), 414; doi: 10.3390/nu8070414 51 -- Taylor C. Wallace, Margaret Slavin and Cara L. Frankenfeld Systematic Review of Anthocyanins and Markers of Cardiovascular Disease Reprinted from: <i>Nutrients</i> 2016, 8(1), 32; doi: 10.3390/nu8010032 70 -- Seyed Fazel Nabavi, Solomon Habtemariam, Arianna Di Lorenzo, Antoni Sureda, Sedigheh Khanjani, Seyed Mohammad Nabavi and Maria Daglia Post-Stroke Depression</p>

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Sommario/riassunto

Annotation Diet and lifestyle choices can substantially predispose an individual to, or protect against, many age- and obesity-related chronic diseases. According to the NIH Office of Dietary Supplements, dietary bioactives are compounds in foods not needed for basic human nutrition but responsible for changes in health status. 1 These compounds are safe at normal food consumption levels (e.g., anthocyanins in berries) and their biological activities may come from a single compound (e.g., lutein in spinach) or a class of compounds (e.g., avenanthramides in oats) even if the exact identity and composition are unknown. Bioactive compounds of plants; can vary significantly in their ratios and relative concentrations depending on factors such as cultivation, soil, altitude, and weather conditions. Substantial scientific evidence is available for some health promoting phytochemicals, such as dose-response relations, for performance and/or reduction in the risk of chronic disease. However, several limitations relating to absorption, distribution, metabolism and excretion of many dietary bioactives still exist and must be better understood This Special Issue compiles recent discoveries that advance our understanding of how dietary bioactive, particularly from fruits and vegetables, influence long-term health maintenance and disease prevention.
