

1. Record Nr.	UNINA9910791294003321
Titolo	Bioactive foods in promoting health [[electronic resource]] : fruits and vegetables // edited by Ronald Ross Watson, Victor R. Preedy
Pubbl/distr/stampa	Amsterdam ; ; Boston, : Academic, 2010
ISBN	1-282-88673-8 9786612886737 0-08-087787-7
Descrizione fisica	1 online resource (754 p.)
Altri autori (Persone)	WatsonRonald R (Ronald Ross) PreedyVictor R
Disciplina	613.28
Soggetti	Functional foods Vegetables in human nutrition Fruit in human nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Bioactive Foods in Promoting Health; Copyright Page; Contents; Preface; Acknowledgments; Contributors; Section A: FRUIT AND VEGETABLES IN HEALTH PROMOTION; Chapter 1 Botanical Diversity in Vegetable and Fruit Intake: Potential Health Benefits; 1. OVERVIEW; 2. RATIONALE FOR USING BOTANICAL FAMILIES; 3. EVIDENCE FOR THE VALUE OF USING BOTANICAL FAMILIES; 4. TRANSLATION OF BOTANICAL FAMILY CONCEPTS TO DIETETIC PRACTICE; 5. SUMMARY; ACKNOWLEDGMENTS; References; Chapter 2 Vegetable and Fruit Intake and the Development of Cancer: A Brief Review and Analysis; 1. OVERVIEW 2. USE OF A PHARMACOLOGY ANALOGY TO REFRAME DISCUSSIONS OF THE VFCC3. THE PATHOGENESIS OF THE DISEASE; 4. DESIGNING A PLANT FOOD RICH DIET TO REDUCE CANCER RISK OR CANCER MORTALITY; 5. SUMMARY; ACKNOWLEDGMENTS; References; Chapter 3 Fruit and Vegetable Antioxidants in Health; 1. INTRODUCTION; 2. FIBER, MINERALS, AND ANTIOXIDANT ENZYMES; 3. PHYTOCHEMICAL ANTIOXIDANTS; 4. PHENOLIC DISTRIBUTION AND CHANGES DURING DEVELOPMENT; 5. ACTION OF PHYTOCHEMICAL ANTIOXIDANTS; 6.

METHODS FOR ASSAYING ANTIOXIDANT CAPACITY; 7. PLASMA ORAC VALUES; 8. ANTIOXIDANT CAPACITY OF FRESH AND STORED PRODUCTS 9. ANTIOXIDANT CAPACITY OF PROCESSED FRUITS AND VEGETABLES 10. ADDITIVE AND SYNERGIC ANTIOXIDANT EFFECTS; 11. NEW FOODS AND THE 'OMICS' DISCIPLINES; 12. FUNCTIONAL FOOD PRODUCTS; 13. SUMMARY; References; Chapter 4 Medicinal Activities of Essential Oils: Role in Disease Prevention; 1. INTRODUCTION; 2. ANTIOXIDANT ACTIVITIES; 3. ANTIVIRAL AND ANTIMICROBIAL ACTIVITIES; 4. ANTICARCINOGENIC ACTIVITIES; 5. ANTI-INFLAMMATORY ACTIVITIES; 6. SUMMARY; References; Chapter 5 Emerging Knowledge of the Bioactivity of Foods in the Diets of Indigenous North Americans; 1. INTRODUCTION 2. NATIVE TRIBES OF THE SONORAN DESERT 3. SUBSISTENCE BERRIES OF NATIVE AMERICAN TRIBAL COMMUNITIES; 4. PACIFIC NORTHWEST NATIVE DIETS; 5. SUMMARY; References; Chapter 6 Barriers and Facilitating Factors Affecting Fruit and Vegetable Consumption; 1. INTRODUCTION; 2. CURRENT FRUIT AND VEGETABLE CONSUMPTION IN THE US, AND US DIETARY GUIDANCE; 3. BARRIERS INHIBITING FRUIT AND VEGETABLE CONSUMPTION; 4. FACILITATORS PROMOTING FRUIT AND VEGETABLE CONSUMPTION; 5. PSYCHOSOCIAL PREDICTORS OF FRUIT AND VEGETABLE CONSUMPTION; 6. RECOMMENDATIONS FOR PROMOTING FRUIT AND VEGETABLE CONSUMPTION; 7. SUMMARY References Chapter 7 Healthy Eating: What Is the Role of the Economic Situation?; 1. INTRODUCTION; 2. ECONOMIC SITUATION AND SOCIOECONOMIC POSITION; 3. INCOME AND HEALTHY EATING; 4. ECONOMIC DIFFICULTIES AND HEALTHY EATING; 5. AFFORDABILITY: QUESTIONS OF FOOD COST AND PRICING; 6. AVAILABILITY AND ACCESS TO HEALTHY FOODS; 7. GENERAL DISCUSSION; 8. SUMMARY; References; Chapter 8 Trends in US Adult Fruit and Vegetable Consumption; 1. EVIDENCE SUMMARY; 2. DIETARY GUIDELINES; 3. FRUIT AND VEGETABLE INITIATIVES 4. TRENDS IN FRUIT AND VEGETABLE CONSUMPTION: DATA FROM NHANES III (1988-1994) AND NHANES 1999-2002

Sommario/riassunto

While everyone knows fruits and vegetables are beneficial to good health, it's increasingly seen as important to know which ones can be effective in treating specific illnesses. For example, which are good for cardiac care? Which can help combat and treat asthma? What are the safety concerns to be aware of when using herbs in combination with traditional medicines? Diet and nutrition are vital keys to controlling or promoting morbidity and mortality from chronic diseases, and the multitude of biomolecules in dietary fruits and vegetables play a crucial role in health maintenance. They
