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5.12 Omega-3 PUFA

Sommario/riassunto

This book highlights the effects of food processing on the active ingredients of a wide range of functional food materials, with a particular focus on foods of Asian origin. Asian foods, particularly herbs, are becoming increasingly accepted and demanded globally, with many Western consumers starting to recognize and seek out their health-giving properties. This book focuses on the extraction of ingredients which from materials which in the West are seen as "alternative" - such as flour from soybeans instead of wheat, or bran and starch from rice - but which have long histories in