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 3.2 Functional components in cereals and grains 3.2.1 Functional components in rice and their health benefits; 3.2.2 Functional components in corn and their health benefits; 3.2.3 Functional components in soybean and their health benefits; 3.2.4 Functional components in legumes and their health benefits; 3.3 Processing of cereals and grains and its effect on the functional components; 3.3.1 Rice; 3.3.2 Corn; 3.3.3 Soybeans; 3.3.4 Legumes; 3.4 Conclusion; References; 4 Tropical Fruits; 4.1 Introduction; 4.2 Mango; 4.2.1 Polyphenolic constituents of mango; 4.2.2 Functional properties of mango
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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

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