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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Processing techniques and their effect on fruit phytochemicals / Adel A. Mohdaly, Abdelrahman R. Ahmed, and Iryna Smetanska -- Dietary fibers and gut motility / Mauro Bortolotti and Andrea Lugli -- Dietary fibers : purification, structure, and their health benefits with particular reference to Feruloyl arabinoxylans / R. Shyama Prasad Rao and G. Muralikrishna -- Nutraceuticals in Rhinacanthus nasutus (Hattkaku-Reishi-Soh) / Noboru Motohashi -- Use of in vitro digestion and fermentation models to study health effects of dietary fibres in cultured cells / Daniel Scharlau [and others] -- Bamboo shoots : a rich source of dietary fibres / C. Nirmala, H. Sheena and E. David -- Tropical and temperate fruits as a source of dietary fiber and bioactive compounds / Antonio Jimenez-Escrig -- Fruit and vegetable consumption, physical activity and body mass index among teenagers in Hong Kong / Mimi M. Y. Tse and Iris F.F. Benzie -- Beneficial effects of soluble fiber (Plantago ovata husk) on plasma triglycerides and apolipoprotein B to apolipoprotein A-I ratio in men in cardiovascular disease secondary prevention / Rosa Sola [and others] -- The paradox of dietary fiber and colorectal cancer / Da-Hong Wang, Michiko Kogashiwa and Keiki Ogino.

