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Titolo	Bioactives in fruit : health benefits and functional foods // editors, Margot Skinner, Denise Hunter
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (663 pages) : illustrations, graphs
Altri autori (Persone)	SkinnerMargot HunterDenise
Disciplina	613.2
Soggetti	Fruit Biochemistry
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Introduction to the major classes of bioactives present in fruit -- Fibre in fruit -- Bioavailability of antioxidant compounds from fruits -- Pharmacokinetic and pharmacodynamic interaction of functional foods with medicines -- Health properties of apple and pear -- Orange and grapefruit bioactive compounds, health benefits and other attributes -- Health benefits from pomegranates and stone fruit, including plums, peaches, apricots and cherries -- The potential health benefits of the sub-tropical fruits kiwifruit, feijoa and tamarillo -- Effect of health-promoting properties of grapes, including resveratrol -- Potential health benefits of blackcurrants -- Overview of the health properties of blueberries -- Cranberry polyphenols in the promotion of urinary tract, cardiovascular and emerging health areas -- Vegetable fruits : a cornucopia of health benefits -- Potential health benefits of avocados -- Cardiovascular benefits of olive oil: beyond effects of fat content -- Cocoa, blood flow, and the brain -- Breeding for enhanced bioactives

in berry fruit -- The influence of pre- and post-harvest environmental stress on fruit bioactives -- Recovery of valuable bioactives from residues arising from fruit processing -- Stability and bioaccessibility of fruit bioactives in foods : food component interactions and matrix effect.

Sommario/riassunto

For centuries we have known that fruit is important for health, but we are only just beginning to fully understand why. *Bioactives in Fruit: Health Benefits and Functional Foods* aims to summarise some of our current knowledge on the bioactive compounds that are associated with the health benefits of specific fruits with a strong emphasis on the validation of health benefits by human intervention trials. Reflecting the current interest in food and health, the book includes strategies to retain and enhance the bioactives in fruit through breeding, growing conditions, fruit storage, processing into ingredients and production of functional foods. To accomplish this task authors with expertise in biology, chemistry, pharmacology, food science, nutrition, medicine, and horticulture have contributed. They come from universities, government and industry funded research institutes and biotechnology and food companies in Europe, the United States, Asia and New Zealand to give the book a broad perspective. This book, describing fruit bioactives, their health benefits when consumed as a food and related topics regarding their development into fresh or processed functional foods, will be of use to postgraduate students, researchers, functional food product developers, food regulators and anyone who has curiosity about why fruit is good for you. The information contained within will provide plant breeders with new targets for the development of value-added horticultural products, and will also provide nutritionists and dieticians with a useful resource for developing strategies to assist in preventing or slowing disease onset or severity. *Bioactives in Fruit: Health Benefits and Functional Foods* is a major resource which will be required reading for anyone working in the fields of health and functional foods.
