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Nota di contenuto	Contents; 10.9.1 Introduction; Foreword; Dedication; Terms of Reference; Task Force Membership; 1 Introduction:Plant Foods and Health; 1.1 Historical perspective; 1.2 Definitions and terminology; 1.2.1 Plant foods; 1.2.2 Categorisation of plant-derived foods and drinks adopted in this report; 1.2.3 Classification; 1.2.4 Substances in food that have an effect on health; 1.3 Consumption patterns of plant-derived foods and drinks; 1.3.1 Sources of information; 1.3.2 Trends in household consumption in the UK; 1.3.3 Intakes in different age and gender groups in the UK 1.3.4 Variations in intake within and between populations1.4 Sources, intakes and properties of constituents of plant-derived foods and drinks; 1.4.1 Sources and intakes; 1.4.2 Properties of antioxidants; 1.4.3 Antioxidant vitamins; 1.4.4 Folate and other B vitamins; 1.4.5 Other vitamins and minerals; 1.4.6 Unsaturated fatty acids; 1.4.7 Dietary fibre; 1.4.8 Alcohol; 1.4.9 Other plant-derived bioactive

substances; 1.5 Bioavailability and interactions; 1.5.1 Interactions between dietary constituents; 1.5.2 Interactions with other factors; 1.6 Summary; 1.7 Research recommendations

1.8 Key points

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2.6 Alkaloids and sulphur-containing compounds

2.6.1 Alkaloids; 2.6.2 Sulphur-containing compounds; 2.7 Further reading; 2.8 Key points; 3 Epidemiology Linking Consumption of Plant Foods and their Constituents with Health; 3.1 Introduction and methodology; 3.2 Evidence for health effects of plant foods; 3.3 Coronary heart disease and stroke; 3.3.1 Risk factors for CVD and secondary prevention; 3.3.2 Fruit and vegetables; 3.3.3 Pulses; 3.3.4 Nuts; 3.3.5 Cereals; 3.3.6 Dietary fibre; 3.3.7 Nutrients: vitamin E, vitamin C and carotenoids; 3.3.8 Other plant-derived substances

3.3.9 Summary for CHD and stroke

3.4 Cancer; 3.4.1 Fruits and vegetables and breast cancer; 3.4.2 Fruits and vegetables and lung cancer; 3.4.3 Fruits and vegetables and colorectal cancer; 3.4.4 Fruits and vegetables and gastric cancer; 3.4.5 Fruits and vegetables and oesophageal cancer; 3.4.6 Fruits and vegetables and other cancers; 3.4.7 Legumes and nuts; 3.4.8 Cereals; 3.4.9 Fibre and cancer; 3.4.10 Other plant-derived substances and cancer; 3.4.11 Summary for cancer; 3.5 Other age-related diseases; 3.5.1 Type 2 diabetes; 3.5.2 Age-related macular degeneration and cataract

3.5.3 Chronic obstructive pulmonary disease

Sommario/riassunto

Report of the British Nutrition Foundation's Task Force
Chairman of the Task Force: Professor Malcolm Jackson, University of Liverpool
Plants: Diet and Health is an extremely timely publication comprising the comprehensive and authoritative independent report of the British Nutrition Foundation's Task Force concentrating on bioactive substances and antioxidant nutrients in plant foods. The book focuses on the present state of knowledge and the effect on good health through the intake of these substances in an appropriate diet, looking in detail at any possible pro
