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Nota di contenuto	Dietary Reference Intakes -- Copyright -- REVIEWERS -- Contents -- Dietary Reference Intakes: Proposed Definition and Plan for Review of Dietary Antioxidants and ... -- INTRODUCTION -- TOWARD A DEFINITION OF DIETARY ANTIOXIDANT -- Possible Health Benefits -- PROPOSED DEFINITION -- Presence in Human Diets -- Measurement of Quantities in Foods -- Decreased Adverse Effects of Some ROS and RNS -- Role of ROS and RNS in Health and Disease -- Antioxidant Mechanisms -- Evidence for Antioxidant Activity -- FOOD COMPONENTS THAT WILL BE REVIEWED BY THE PANEL -- Beta-Carotene

and Other Carotenoids -- Vitamin C -- Vitamin E -- Selenium -- FOOD
COMPONENTS THAT WILL NOT BE REVIEWED BY THE PANEL -- Phenols
and Polyphenols -- Other Proposed Dietary Antioxidants -- SUMMARY
-- BETA-CAROTENE AND OTHER CAROTENOIDS -- VITAMIN C --
VITAMIN E -- Appendix Acknowledgments.

Sommario/riassunto

There has been intense interest recently among the public and the media in the possibility that increased intakes of "dietary antioxidants" may protect against chronic disease. Many research programs are underway in this area. Epidemiological evidence suggests that the consumption of fruits and vegetables may reduce the risk of both cancer and cardiovascular disease, and it has been hypothesized that this is due in part to the presence of antioxidant compounds in fruits and vegetables. As a result, these compounds have been considered together by many people and loosely termed dietary antioxidants. Closer examination, however, reveals that compounds typically grouped together as dietary antioxidants can differ quite considerably from one another, both in terms of their chemical behavior and in terms of their biological properties. This report from the Institute of Medicine's Food and Nutrition Board provides a proposed definition of dietary antioxidants so as to characterize the biological properties of these compounds.