

1. Record Nr.	UNINA9911006702203321
Titolo	Functional foods, cardiovascular disease and diabetes / / edited by A. Arnoldi
Pubbl/distr/stampa	Cambridge, : Woodhead Publishing, 2004
ISBN	9786610372393 1-59124-071-9 1-85573-949-6 1-280-36159-X 1-280-37239-7 9786610361595 1-59124-923-6
Descrizione fisica	1 online resource (505 p.)
Collana	Woodhead Publishing in food science and technology
Altri autori (Persone)	ArnoldiA (Anna)
Disciplina	616.10654
Soggetti	Functional foods Cardiovascular system - Diseases - Prevention Cardiovascular system - Diseases - Nutritional aspects Diabetes - Prevention Diabetes - Nutritional aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"WP2559"- t.p. verso.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Functional Foods, Cardiovascular Disease and Diabetes; Copyright Page; Table of Contents; Contributor contact details; Chapter 1. The potential and limits of functional foods in preventing cardiovascular disease; 1.1 Introduction: diet and cardiovascular disease; 1.2 Functional foods defined; 1.3 The use of functional foods to meet dietary guidelines; 1.4 Do functional foods reach the populations at risk?; 1.5 References; Chapter 2. Assessing health claims for functional foods; 2.1 Introduction; 2.2 Differing types of claim: nutritional and health claims 2.3 Criteria for demonstrating functional effects 2.4 Evidence required to support a health claim; 2.5 Future trends; 2.6 References; Part I: Diet, cardiovascular disease and diabetes; Chapter 3. Diet and the prevention

of coronary heart disease; 3.1 Introduction; 3.2 Dietary prevention of sudden cardiac death (SCD): the role of dietary fatty acids, alcohol and antioxidants; 3.3 Dietary prevention of chronic heart failure (CHF): the role of micronutrients, dietary fatty acids and reduced sodium intake; 3.4 Dietary strategies to prevent the development of heart disease 3.5 Dietary prevention of post-angioplasty restenosis3.6 Dietary control of conventional risk factors: cholesterol, blood pressure, type 2 diabetes and obesity; 3.7 Conclusion: using the 'Mediterranean diet' to prevent coronary heart disease; 3.8 References; Chapter 4.The role of fat-soluble nutrients and antioxidants in preventing heart disease; 4.1 Introduction: oxidative stress and cardiovascular disease; 4.2 The functional properties of vitamin E in preventing heart disease; 4.3 The functional properties of vitamin D in preventing heart disease 4.4 The functional properties of ubiquinone (CoQ10) in preventing heart disease4.5 Future trends; 4.6 References; Chapter 5.Vitamin E and other antioxidants in the prevention of cardiovascular disease; 5.1 Introduction; 5.2 Risk factors for coronary heart disease (CHD): the role of oxidative stress; 5.3 Dietary antioxidants and the prevention of CHD: epidemiological evidence; 5.4 Dietary antioxidants and the prevention of CHD: evidence from clinical trials; 5.5 Conclusion and future trends: reconciling the evidence; 5.6 Sources of further information and advice; 5.7 References Chapter 6.Iron intake and cardiovascular disease6.1 Introduction; 6.2 Dietary iron intake, absorption and metabolism; 6.3 Iron homeostasis disorders: primary and secondary haemochromatosis; 6.4 The role of iron in cardiovascular disease; 6.5 Measuring iron toxicity; 6.6 Methods of preventing iron damage; 6.7 Conclusion and future trends; 6.8 Sources of further information and advice; 6.9 Acknowledgement; 6.10 References; Chapter 7.Diet and diabetes: prevention and control; 7.1 Introduction: classifying diabetes; 7.2 Dietary strategies for preventing the onset of diabetes 7.3 Dietary strategies for the control of diabetes: carbohydrates and lipids

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#### Sommario/riassunto

Cardiovascular disease and Type II diabetes are a growing problem for the developed world, putting an ever greater strain on healthcare systems. Edited by a leading authority, this important collection reviews the role of functional foods in helping to prevent these chronic diseases.Two introductory chapters provide a context for the rest of the book by assessing the potential of functional foods to prevent disease and the key issues concerning health claims. Part one examines the importance of diet in the prevention of cardiovascular disease and diabetes, with chapters on fat soluble

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