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Nota di contenuto	Nutraceuticals and diabetes prevention and management / James W. Anderson and Vijai K. Pasupuleti -- Epidemiology of type 2 diabetes / Karen Chapman-Novakofski -- Preventing type 2 diabetes mellitus / Frank Greenway -- Glycemic index and glycemic load: effects on glucose, insulin, and lipid regulation / Julia M.W. Wong ... [et al.] -- Glycemia: health implications / L. Raymond Reynolds -- Glycemic health, type 2 diabetes, and functional foods / Kaye Foster-Powell, Alan Barclay, and Jennie Brand-Miller -- Dietary fiber and associated phytochemicals in prevention and reversal of diabetes / James W. Anderson -- Cinnamon, glucose, and insulin sensitivity / Richard A. Anderson and Anne-Marie Roussel -- Soybean and soy component effects on obesity and diabetes / James W. Anderson and Vijai K. Pasupuleti --

Minerals and insulin health / Philip Domenico and James R. Komorowski -- Targeting oxidant stress as a strategy for preventing vascular complications of diabetes and metabolic syndrome / Mark F. McCarty and Toyoshi Inoguchi -- Ginseng in type 2 diabetes mellitus: a review of the evidence in humans / John L. Sievenpiper ... [et al.] -- Traditional Chinese medicine in the management and treatment of the symptoms of diabetes / Azadeh Lankarani-Fard and Zhaoping Li -- Fenugreek and traditional antidiabetic herbs of Indian origin / Krishnapura Srinivasan -- Nopal (*Opuntia* spp.) and other traditional Mexican plants / Rosalia Reynoso-Camacho and Elvira Gonzalez de Mejia -- Natural resistant starch in glycemic management: from physiological mechanisms to consumer communications / Rhonda S. Witwer -- Proteins, protein hydrolysates, and bioactive peptides in the management of type 2 diabetes / Joris Kloeck, Vijai K. Pasupuleti, and Luc J.C. van Loon -- Future trends and directions / James W. Anderson and Vijai K. Pasupuleti.

Sommario/riassunto

Type 2 diabetes is a growing problem for the developed and developing countries and it is a burden on healthcare systems as well as individuals. *Nutraceuticals, Glycemic Health and Type 2 Diabetes* primarily focuses on the nutraceuticals that assist in preventing and managing prediabetes and type 2 diabetes. The book gives an overview of glycemic health and highlights the use of novel and upcoming nutraceutical ingredients such as bioactive peptides, traditional herbs from China, India and Mexico, resistant starches, cinnamon, chromium and others. After the successful commercial applicat
