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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 populations 1.4 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

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3.5.3 Chronic obstructive pulmonary disease

Sommario/riassunto

Report of the British Nutrition Foundation's Task ForceChairman 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
