

Nutrient	QTY
Protein	4.4 g
Fat	0.6 g
Minerals	2.7 g
Fiber	1.7 g
Carbohydrate	72.0 g
Energy	311 Kcal
Calcium	140 mg
Phosphorus	140 mg
Iron	15.0 mg
Carotene	23 ug.

Mahua Nutritional Aspects

**Meenakshi Garg,Arun Kumar
Gupta,Neha Singh**



Mahua Nutritional Aspects:

Mahua Nutritional Aspects Deepali Kotwal, 2000 **Recent Frontiers of Phytochemicals** Siddhartha Pati, Tanmay Sarkar, Dibyajit Lahiri, 2023-04-26 Phytochemicals have been present in human diet and life since the birth of mankind including the consuming of plant foods and the application of herbal treatments This coevolutionary interaction of plants and people has resulted in humans reliance on food and medicinal plants as sources of macronutrients micronutrients and bioactive phytochemicals Phytochemicals can be used as adjuvant agents and sensitizers in traditional antibiotic and anticancer therapy reducing the potential of selecting resistant microbial strains and cancer cells Recent Frontiers of Phytochemicals addresses the many processes of potential phytochemical evaluation of known sources with a focus on phytochemical and pharmacological evaluations and computational research into the structures and pharmacological mechanisms of natural products and their applications in medicine food and biotech Novel extraction characterization and application method for phytochemicals in food pharmacology and biotechnology Colour illustrations and extensive tables with state of art information Covers potential sources of phytochemicals their extraction and characterization techniques

Nutritional and Health Aspects of Food in South Asian Countries Jamuna Prakash, Viduranga Waisundara, Vishweshwaraiah Prakash, 2020-03-16 Nutritional and Health Aspects of Food in South Asian Countries provides an analysis of traditional and ethnic foods from the South Asia Region including India Sri Lanka Pakistan Nepal Bangladesh and Iran The book addresses the history of use origin composition preparation ingredient composition nutritional aspects and the effects on the health of various foods and food products in each of these countries from the perspective of their Traditional and Ethnic Foods In addition the book presents local and international regulations and provides suggestions on how to harmonize regulations and traditional practices to promote safety and global availability of these foods *Ethnic Fermented Foods and Beverages of India: Science History and Culture* Jyoti Prakash Tamang, 2020-03-02 This book provides detailed information on the various ethnic fermented foods and beverages of India India is home to a diverse food culture comprising fermented and non fermented ethnic foods and alcoholic beverages More than 350 different types of familiar less familiar and rare ethnic fermented foods and alcoholic beverages are traditionally prepared by the country s diverse ethnic groups and include alcoholic milk vegetable bamboo legume meat fish and cereal based beverages Most of the Indian ethnic fermented foods are naturally fermented whereas the majority of the alcoholic beverages have been prepared using dry starter culture and the back sloping method for the past 6 000 years A broad range of culturable and unculturable microbiomes and mycobiomes are associated with the fermentation and production of ethnic foods and alcoholic drinks in India The book begins with detailed chapters on various aspects including food habits dietary culture and the history microbiology and health benefits of fermented Indian food and beverages Subsequent chapters describe unique and region specific ethnic fermented foods and beverages from all 28 states and 9 union territories In turn the classification of various

ethnic fermented foods and beverages their traditional methods of preparation culinary practices and mode of consumption socio economy ethnic values microbiology food safety nutritional value and process optimization in some foods are discussed in details with original pictures In closing the book addresses the medicinal properties of the fermented food products and their health benefits together with corresponding safety regulations Phytoadaptogenic Properties of Medicinal Plants

Meenakshi Garg,Arun Kumar Gupta,Neha Singh,2025-11-19 Featuring traditional knowledge the book Phytoadaptogenic Properties of Medicinal Plants offers an insight into diverse medicinal plants with their inherent phytotherapeutic characteristics Since the prehistoric era botanicals have been enlisted at the uppermost ladder in the survival of human existence Though modern medicinal systems remain vital at times of challenges or pandemics botanicals continue to serve as front liners supporting people s health and well being by regulating the body s inherent five defense systems such as angiogenesis regeneration DNA and epigenetics microbiome and immune system The medicinal plants function as phytoadaptogens due to their intrinsic ability to modulate stress depressive like behaviors and other comorbidities The inherent plant bioactive constituents and essential nutrients are warriors in combating health challenges and illnesses They work extraordinarily beyond providing nutrition Key Features Covering traditional medicinal plants with emphasis on phytoadaptogenic properties bioactive constituents dosage mechanism of action etc Scrutinizing the inherent ability of botanicals in managing stress cognitive health immune modulation and associated disorders Highlighting how to cater medicinal plants into food pyramid to achieve balanced diet by providing preparation methods for herbal products functional foods and nutraceuticals Key insights on regulatory framework safety risk analysis and market trends of herbal products Indeed this book could bridge the industry academia gap by amalgamating scientific investigations with practical applications highlighting the regulatory aspects dosage adverse effects and available herbal products and could be a good guide for researchers healthcare professionals herbalists and other academicians Tribal Knowledge Systems Debanjana Nag,Kusum,2025-11-21 This book delineates tribal knowledge systems and emphasizes their multidisciplinary nature It describes their different components such as the science behind tribal art and architecture medicinal and healing systems agricultural and nutritional aspects and ways of human nature coherence It highlights the importance of preservation and promotion of these knowledge systems to create a sustainable world The book explains the structure and functions of tribal knowledge systems that have the potential to create a balance between nature and development It describes the various approaches to traditional lifestyles and the conversion of those approaches into modern science and technology based theories It also outlines the policy framework developed by the government and the suite of legal instruments for preserving and promoting these knowledge systems in more scientific and applicable ways This book will be useful to the students researchers and academicians working on tribal studies indigenous knowledge systems anthropology sociology tribal studies development studies cultural studies and human cultural and social geography **Development Dualism of Primitive**

Tribes Mahendra Lal Patel,1994 The book deals with development strategy of primitive tribal groups emerging problems from unsustainable development nexus including development dualism conflicts between Baiga tribe and foresting development transformation of primitive agriculture and weaning out shifting cultivation Functional Food and Diseases Preetha Bhadra,Pradipta Banerjee,Atanu Deb,2021-06-30 The concept originated in Japan in the 1980s when government agencies started approving foods with proven benefits in an effort to better the health of the general population Functional foods is a very popular term in the social and scientific media consequently food producers have invested resources in the development of processed foods that may provide added functional benefits to consumers well being Because of intrinsic regulation and end of use purposes in different countries worldwide meanings and definitions of this term are still unclear Hence here we standardize this definition and propose a guideline to attest that some ingredients or foods truly deserve this special designation Furthermore focus is directed at the most recent studies and practical guidelines that can be used to develop and test the efficacy of potentially functional foods and ingredients The most widespread functional ingredients such as polyunsaturated fatty acids PUFAs probiotics prebiotics synbiotics and antioxidants and their technological means of delivery in food products are described Biogenics are biologically active peptides including immunopotentiators biological response modifier BRM plant flavonoids etc Thus functional foods enhance bioregulation such as stresses appetite and absorption biodefence such as immunity and suppression of allergies prevent diseases including diarrhea constipation cancer cholesterolemia and diabetes and suppress aging through immunostimulation as well as suppression of mutagenesis carcinogenesis oxidation processes intestinal putrefaction and cholesterolemia **International Conference On Future Aspects of Science & Technology (ICFAST 2024)** Dr. Gurpreet Kour,Dr. Aanchal Shrivastava,Dr. Rekha Dubey,2024-04-02 Conference Proceedings **TEXTBOOK OF COMMUNITY NUTRITION** SURYATAPA DAS,2016-01-01 The book is designed to provide the students with knowledge of fundamentals in community nutrition in a way that will help the learners to comprehend and develop in depth knowledge in public health and nutrition

Mahua Nutritional Aspects Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Mahua Nutritional Aspects**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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