

Performance functional foods

Edited by David H. Watson

Performance Functional Foods

D. Julian McClements, Eric A Decker

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

Performance Functional Foods:

Performance Functional Foods David H. Watson, 2003-02-21 Some of the newest and most exciting developments in functional foods are products that claim to influence mood and enhance both mental and physical performance This important collection examines the range of ingredients used in these performance functional foods their effects and the evidence supporting functional benefits After an introductory review of market trends contributing authors discuss recent research on the interactions between food stress and mood looking in particular at the role of carbohydrates They review current evidence regarding the impact of various nutrients and herbal ingredients on mood and cognitive performance including St John s wort and kava kava They also discuss the range of medicinal plants that have been associated with improvements in mental and physical performance The authors then delve into particular topics such as phyto oestrogens and cognitive function the functional benefits of ginseng ginkgo biloba and Alzheimer s disease polyphenols and finally the impact of caffeine on mental performance and mood A key issue in ensuring long term growth in this sector is to consolidate research on the complex links between nutrition functional ingredients mood and cognitive performance With its distinguished international team of contributors *Performance Functional Foods* does exactly that to provide an up to date review of this innovative product

Extreme and Rare Sports: Performance Demands, Drivers, Functional Foods, and Nutrition Sourya Datta, Debasis Bagchi, 2019-05-13 Two crucial components of a healthy life are nutrition and exercise The importance of appropriate diet food and nutrition are extremely important to be successful in sports and especially in extreme sports Extreme sport is an activity where a participant must demonstrate both mental and physical skills This type of activity provides an adrenaline rush to individuals who are part of the community of extreme sportsmen Extreme sports provide opportunity for individuals to be active and fit with added enjoyment of partaking in a fun activity Extreme sports in conjunction with proper nutrition helps to boost immunity and resistance against common infections Studies have also exhibited that sports and exercise activities help in managing effective work life balance as well

Extreme and Rare Sports Performance Demands Drivers Functional Foods and Nutrition provides a comprehensive treatise on extreme sports emphasizing the importance of nutrition and research driven nutraceutical supplements in injury prevention and treatment The book presents information on the nutritional requirements of sports activities on land in water or with high altitude base It covers a wide variety of definitions philosophies thoughts and practices involved with structurally diverse extreme sports Features Discusses specific food and nutritional requirements in extreme sports Provides information on the importance of functional foods nutrition and structurally diverse phytonutrients for different sports Features information on Olympic and diverse extreme sports Details the importance of hydration and use of gelatin skeletal muscle damage and recovery from eccentric contractions and information on dietary supplements and antioxidants Presents analysis on growth marketing techniques and future of extreme sports

Designing Functional Foods D. Julian McClements, Eric A Decker, 2009-07-30 The

breakdown of food structures in the gastrointestinal tract has a major impact on the sensory properties and nutritional quality of foods. Advances in understanding the relationship between food structure and the breakdown, digestion and transport of food components within the GI tract facilitate the successful design of health promoting foods. This important collection reviews key issues in these areas. Opening chapters in Part one examine oral physiology and gut microbial ecology. Subsequent chapters focus on the digestion, absorption and physiological effects of significant food components such as lipids, proteins and vitamins. Part two then reviews advances in methods to study food sensory perception, digestion and absorption including in vitro simulation of the stomach and intestines and the use of stable isotopes to determine mineral bioavailability. The implications for the design of functional foods are considered in Part three. Controlling lipid bioavailability using emulsion based delivery systems, designing foods to induce satiation and self assembling structures in the GI tract are among the topics covered. With contributions from leading figures in industry and academia, *Designing functional foods* provides those developing health promoting products with a broad overview of the wealth of current knowledge in this area and its present and future applications. Reviews digestion and absorption of food components including oral physiology and gut microbial ecology. Evaluates advances in methods to study food sensory perception, assessing criteria such as simulation of flavour released from foods. Investigates the implications for the design of functional foods including optimising the flavour of low fat foods and controlling the release of glucose.

Nutraceuticals and Functional Foods in Human Health and Disease Prevention Debasis Bagchi, Harry G. Preuss, Anand Swaroop, 2015-10-15. Functional foods and nutraceuticals, dietary supplements and natural antioxidants have established their potential roles in the protection of human health against disease. *Nutraceuticals and Functional Foods in Human Health and Disease Prevention* examines the benefits, efficacy and success of properly designed nutraceuticals and functional foods.

Functional Foods I. Goldberg, 2012-12-06. Accuse not Nature. She has done her part. Do Thou but Thine. Milton *Paradise Lost* 1667. The concept that nature imparted to foods a health giving and curative function is not new. Herbal teas and remedies have been used for centuries and continue in use in many parts of the world today. In modern society we have turned to drugs to treat, mitigate or prevent diseases. However, since the discovery of nutrients and our increasing analytical capabilities at the molecular level, we are beginning to become more knowledgeable of the biochemical structure-function relationship of the myriad of chemicals that occur naturally in foods and their effect on the human body. The holistic approach to medicine and diet that began in the 1970s has now seen a renewal as we realize that certain foods, because of the presence of specific biochemicals, can have a positive impact on an individual's health, physical well-being and mental state. In fact, because of the negative image of drugs and the grey area of supplements, the use of foods that are functional is becoming a growth area for the food industry. In Japan, this concept has led to one of the largest growing markets where they have defined functional foods as regular foods derived only from naturally occurring ingredients. The Japanese further require that the functional foods be consumed as part of the diet.

and not in supplement form i e Handbook of Nutraceuticals and Functional Foods Robert E.C. Wildman, Richard S. Bruno, 2019-11-19 The field of functional foods along with their bioactive food components has grown tremendously over the past decades Often guided by hypothesis generating epidemiological observations discoveries from basic science studies and controlled trials in humans have provided critical evidence to help establish an optimal diet that alleviates chronic disease risk These advances have also driven efforts by the food and nutraceutical industries to establish and market health claims formulate extra value foods and even generate new health foods for human benefit Handbook of Nutraceuticals and Functional Foods Third Edition compiles the data from experts in the field that potentiates the already established credibility of the earlier editions In its three section format it provides an authoritative summary of the prophylactic and or medicinal benefits of natural foods and their constituents that are linked to favorable health outcomes Beginning with an overview of the field and associated regulations each chapter describes the chemical properties bioactivities dietary sources and evidence of these health promoting dietary constituents Features Summarizes plant and animal based functional foods and their bioactive components New chapters on cannabidiol and scientific legal and regulatory considerations green tea and nutraceutical applications and herbal nutraceuticals and insulin resistance Includes information on functional food beverages including coffee green tea and dairy milk Discusses antioxidant and anti inflammatory activities of vitamin E anthocyanins and other poly phenolic compounds and carotenoids Provides an update on the health benefits and requirements of protein and performance and therapeutic application and safety of creatine Functional Foods : Sources and Health Benefits Deepak Mudgil, Sheweta Barak, 2017-02-01 The objective of this book is to provide complete course content of functional foods related subjects in ICAR CSIR and UGC institutions in Food Technology Dairy Technology Food Nutrition Post Harvest Technology Agricultural and Food Process Engineering discipline The book contains fourteen chapters on the topics such as Introduction to Functional Foods Nutrition for all Ages Food Fortification Low Calorie Food Sports Food Herbs as Functional Foods Prebiotics Probiotics Synbiotics Functional Dairy Products Role of Cereal in Health Promotion and Disease Prevention Functional Components from Fruits Vegetables Functional Meat Products Immunomodulatory Response of Fermented Dairy Products Consumer Response towards Functional Foods The content of the book will be helpful for B Tech M Tech M Sc Ph D students of above mentioned disciplines These topics will also be helpful for the students preparing for ICAR ARS examination as these provide subjective information of the subject **Handbook of Nutraceuticals and Functional Foods** ROBERT E C WILDMAN, PhD, 2016-04-19 Scientific advances in this field have not only given us a better understanding of what is an optimal diet but has allowed food and nutraceutical companies to market products with specific health claims fortify existing foods and even create new foods designed for a particular health benefit Handbook of Nutraceuticals and Functional Foods Second Edition compiles the latest data from authoritative scientific sources It provides hard evidence on the prophylactic and medicinal properties of many natural foods This handbook reviews more than 200

nutraceutical compounds Each chapter includes the chemical properties biochemical activity dietary sources and evidentiary findings for each compound New topics include the use of exopolysaccharides from lactic acid bacteria protein as a functional ingredient for weight loss and nutraceuticals to be used in the adjunctive treatment of depression Two new chapters discuss recent evidence on oxidative stress and the antioxidant requirements of athletes as well as the use of nutraceuticals for inflammation The scientific investigation of nutrition and lifestyle changes on the pain and debilitation of osteoarthritis is the subject of another new article The book concludes with a look at future marketing opportunities paying particular attention to the alleviation of obesity With contributions from a panel of leading international experts *Handbook of Nutraceuticals and Functional Foods Second Edition* provides instant access to comprehensive cutting edge data making it possible for food scientists nutritionists and researchers to utilize this ever growing wealth of information *The Functional Foods* Megh R. Goyal,Junaid Ahmad Malik,Anu Kumari,2024-08-23 The consumption of functional foods is growing in the health and wellness communities because of their range of potent nutrients and health advantages such as the ability to shield against illnesses stop vitamin deficiencies and encourage healthy growth and development This new volume discusses the nutritional and health benefits of functional foods The volume first looks at the functional activities of plants and their derivatives discussing microgreens as functional foods as well as functional foods for certain populations including those involved in sports and the elderly The volume includes chapters on antiviral activities of functional foods for first helping to reduce the risk of contracting COVID 19 as well as combating the disease once contracted Several chapters detail the beneficial antidiabetic activities of plants looking particularly at mushrooms and guava Probiotics as functional foods for human health is investigated as well discussing the role of probiotics in gut microflora probiotics as dietary supplements various extraction methods and more Finally the volume addresses the quality aspects of functional foods providing an overview of foodborne pathogens and food related microorganisms This volume will aid experts working in food science and technology agricultural science food safety and Ayurveda around the world It will be of interest and use to professional food scientists nutritionists and dieticians academicians researching food engineering problems and graduate level students in related fields **Functional and Speciality Beverage Technology** P Paquin,2009-01-29 As consumer demand for traditional carbonated drinks falls the market for beverages with perceived health promoting properties is growing rapidly Formulating a nutritional nutraceutical or functional beverage with satisfactory sensory quality and shelf life can be challenging This important collection reviews the key ingredients formulation technology and health effects of the major types of functional and speciality beverage Chapters in part one consider essential ingredients such as stabilizers and sweeteners and significant aspects of formulation such as fortification technology and methods to extend shelf life Dairy based beverages are the focus of Part two with chapters covering methods to improve the nutritional and sensory quality and technological functionality of milk a crucial ingredient in many healthful beverages Chapters on newer dairy ingredients such

as whey and milk fat globule membrane complete the section Part three then reviews advances in the significant plant based beverage sector with chapters on popular products such as fruit juices sports drinks tea and coffee Soy proteins are also covered Chapters on product development and the role of beverages in the diet complete the volume With its distinguished editor and contributors Functional and speciality beverage technology is an essential collection for professionals and academics interested in this product sector Reviews the key ingredients formulation technology and health effects of the major types of functional and speciality beverages Essential ingredients such as stabilizers and sweeteners and significant aspects of formulation such as fortification technology and methods to extend shelf life are considered Focuses on methods to improve the nutritional and sensory quality and technological functionality of milk

Unleashing the Power of Functional Foods and Novel Bioactives Tanmay Sarkar, Slim Smaoui, Anka Trajkovska Petkoska, 2025-01-27 Unleashing the Power of Functional Foods and Novel Bioactives guides readers to understand how the physiological effects of functional foods can optimize health and aid in specific disease outcomes and prevention The book examines the impact of functional foods on various aspects of health including but not limited to cardiovascular digestive cognitive metabolic bone and joint and ocular Other sections examine functional foods can boost sports performance and manage inflammation Finally the book explores lesser known bioactives derived from natural compounds and explores their potential health benefits while providing education on sustainable production methods and the safety and toxicity Examines the relationship between functional foods and bioactives Explores functional foods and bioactives for specific health conditions Offers strategies for incorporating functional foods into everyday life to optimize health and nutrition Assesses the safety and toxicity of functional foods and nutraceuticals Discusses sustainable production practices including farming labeling and certification

Functional Foods and their Implications for Health Promotion Ioannis Zabetakis, Ronan Lordan, Alexandros Tsoupras, Dipak Ramji, 2022-12-03 Functional Foods and Their Implications for Health Promotion presents functional foods from raw ingredients to the final product providing a detailed explanation on how these foods work and an overview of their impact on health The book presents the functions of food against disease and discusses how healthier foods can be produced Broken into four parts the book presents a deep dive into plant derived functional foods dairy foods marine food and beverages The book includes case studies applications literature reviews and coverage of recent developments Intended for nutritionists dieticians food technologists as well as students and researchers working in nutrition dietetics and food science this book is sure to be a welcomed resource Uses flow diagrams to highlight the effects of processing on produced functional foods Combines information on the production formulation of the food with data on bioactivities and bioavailability Presents whole foods and not food components while also focusing on functionality and availability

Functional Food Product Development Jim Smith, Edward Charter, 2010-06-28 According to an August 2009 report from PricewaterhouseCoopers the United States market for functional foods in 2007 was US 27 billion Forecasts of growth range from between 8.5% and 20%

per year or about four times that of the food industry in general Global demand by 2013 is expected to be about 100 billion With this demand for new products comes a demand for product development and supporting literature for that purpose There is a wealth of research and development in this area and great scope for commercialization and this book provides a much needed review of important opportunities for new products written by authors with in depth knowledge of as yet unfulfilled health related needs This book addresses functional food product development from a number of perspectives the process itself health research that may provide opportunities idea creation regulation and processes and ingredients It also features case studies that illustrate real product development and commercialization histories Written for food scientists and technologists this book presents practical information for use in functional food product development It is an essential resource for practitioners in functional food companies and food technology centres and is also of interest to researchers and students of food science Key features A comprehensive review of the latest opportunities in this commercially important sector of the food industry Includes chapters highlighting functional food opportunities for specific health issues such as obesity immunity brain health heart disease and the development of children New technologies of relevance to functional foods are also addressed such as emulsion delivery systems and nanoencapsulation Includes chapters on product design and the use of functional ingredients such as antioxidants probiotics and prebiotics as well as functional ingredients from plant and dairy sources Specific examples of taking products to market are provided in the form of case studies e g microalgae functional ingredients Part of the Functional Food Science and Technology book series Series Editor Fereidoon Shahidi

Handbook of Analysis of Active Compounds in Functional Foods Leo M.L. Nollet, Fidel Toldra, 2012-01-18

Functional foods offer specific benefits that enhance life and promote longevity and the active compounds responsible for these favorable effects can be analyzed through a range of techniques Handbook of Analysis of Active Compounds in Functional Foods presents a full overview of the analytical tools available for the analysis of active ingredients in these products Nearly 100 experts from all over the world explore an array of methodologies for investigating and evaluating various substances including Amino acids peptides and proteins along with glutamine taurine glutathione carnitine and creatine Water and fat soluble vitamins and probiotics Terpenes including hydrocarbon carotenoids and oxycarotenoids xanthophylls Phenolic compounds such as flavonoids flavan 3 ols proanthocyanidins stilbenes resveratrol anthocyanins isoflavones tannins ellagic acid and chlorogenic acids Fibers and polysaccharides including chitosan insoluble dietary fiber fructans inulin pectin and cyclodextrins Phytoestrogens and hormones with chapters on anise oil and melatonin Tetrapyrroles minerals and trace elements Lipid compounds with discussions of omega 3 and 6 fatty acids conjugated linoleic acids lecithin sterols stanols lipoic acid and alliin Sweeteners salt replacers and taste modifying compounds Each chapter describes the specific compound and its benefits surveys the range of analytic techniques available and provides ample references to facilitate further study The book follows a convenient format with well organized chapters allowing readers to quickly hone in

on specific topics of interest This comprehensive reference provides a complete survey of the most cutting edge analytical techniques available for researchers industry professionals and regulators Functional Food Carbohydrates Costas G. Biliaderis, Marta S. Izydorczyk, 2006-10-10 Functional Food Carbohydrates presents comprehensive coverage of a broad range of physiologically active carbohydrate compounds and their roles in the promotion of health and the prevention of disease It provides the most up to date information available on the chemistry physical properties processing effects production and physiological function of these food constituents The volume discusses the specific classes of carbohydrates in foods that seem to exert health enhancing effects based on clinical and or epidemiological studies and reviews the physiological and metabolic roles that different carbohydrates have in disease prevention and management focusing on chronic diseases Cereal Grains for the Food and Beverage Industries Elke K Arendt, Emanuele Zannini, 2013-04-09 Cereals are a staple of the human diet and have a significant effect on health As a result they are of major significance to the food industry Cereal grains for the food and beverage industries provides a comprehensive overview of all of the important cereal and pseudo cereal species from their composition to their use in food products The book reviews the major cereal species starting with wheat and triticale before covering rye barley and oats It goes on to discuss other major species such as rice maize sorghum and millet as well as pseudo cereals such as buckwheat quinoa and amaranth Each chapter reviews grain structure chemical composition including carbohydrate and protein content processing and applications in food and beverage products Cereal grains for the food and beverage industries is an essential reference for academic researchers interested in the area of cereal grains and products It is also an invaluable reference for professionals in the food and beverage industry working with cereal products including ingredient manufacturers food technologists nutritionists as well as policy makers and health care professionals A comprehensive overview of all of the important cereal and pseudo cereal species Chapters review each of the following species Wheat Maize Rice Barley Triticale Rye Oats Sorghum Millet Teff Buckwheat Quinoa and Amaranth Reviews grain structure chemical composition processing and applications in food and beverage products for each of the considered grains *Handbook of Antioxidants for Food Preservation* Fereidoon Shahidi, 2015-02-25 Lipid oxidation in food leads to rancidity which compromises the sensory properties of food and makes it unappealing to consumers The growing trend towards natural additives and preservatives means that new antioxidants are emerging for use in foods This book provides an overview of the food antioxidants currently available and their applications in different food products Part one provides background information on a comprehensive list of the main natural and synthetic antioxidants used in food Part two looks at methodologies for using antioxidants in food focusing on the efficacy of antioxidants Part three covers the main food commodities in which antioxidants are used Reviews the various types of antioxidants used in food preservation including chapters on tea extracts natural plant extracts and synthetic phenolics Analyses the performance of antioxidants in different food systems Compiles significant international research and advancements **Developing Food Products for**

Consumers with Specific Dietary Needs Steve Osborn, Wayne Morley, 2016-05-17 Developing Food Products for Customers with Specific Dietary Needs explains the process for developing foods for customers who have specific dietary needs further shining a light on the number of increasing medical conditions related to food intake that have emerged in the past few decades From increased fat and sugar intake leading to higher levels of obesity to greater levels of coeliac disease the ingredients and nutritional content of food is becoming more and more important Additionally consumers are following particular diets for many different reasons be it health related or for religious or moral reasons The first part of the book looks in detail at the organizational structure required within a company to allow for the development of food products which meet the needs of these customers while the second part presents a number of case studies highlighting the development of food products for various dietary requirements Precise coverage includes section on the development of low sodium low sugar low fat and low carbohydrate products with the aim of producing healthier foods as well as the development of organic and vegetarian products for consumers who are following diets for personal reasons The potential solutions for developing foods for customers who have specific dietary needs are likely to include both ingredients and technology developments The ingredients area includes simple reductions as well as replacement strategies whilst technology will be applied to both the ingredient itself and the host food product All are aimed at maintaining the product quality as perceived by the customer Provides an overview of the organizational structure required within a company to develop foods for specific customer needs Includes section on the development of low sodium low sugar low fat and low carbohydrate products with the aim of producing healthier foods Presents case studies that deliver a best practice view on developing foods for customers with specific dietary needs Written by industry professionals this book offers in depth coverage of this topic of ever increasing importance to the food industry

Human Milk Biochemistry and Infant Formula Manufacturing Technology

, 2014-08-12 Since infant formula substitutes for human milk its composition must match that of human milk as closely as possible Quality control of infant formula is also essential to ensure product safety as infants are particularly vulnerable food consumers This book reviews the latest research into human milk biochemistry and best practice in infant formula processing technology and quality control The most up to date reference on infant formula processing technology Reviews both human milk biochemistry and infant formula processing technology for broad and applied coverage Focusses exclusively on infant formulae

Innovation and Future Trends in Food Manufacturing and Supply Chain Technologies Craig Leadley, 2015-11-18 Innovation and Future Trends in Food Manufacturing and Supply Chain Technologies focuses on emerging and future trends in food manufacturing and supply chain technologies examining the drivers of change and innovation in the food industry and the current and future ways of addressing issues such as energy reduction and rising costs in food manufacture Part One looks at innovation in the food supply chain while Part Two covers emerging technologies in food processing and packaging Subsequent sections explore innovative food preservation technologies in themed chapters and sustainability and future

research needs in food manufacturing Addresses issues such as energy reduction and rising costs in food manufacture
Assesses current supply chain technologies and the emerging advancements in the field including key chapters on food
processing technologies Covers the complete food manufacturing scale compiling significant research from academics and
important industrial figures

Whispering the Techniques of Language: An Emotional Journey through **Performance Functional Foods**

In a digitally-driven world wherever displays reign supreme and instant connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within words often go unheard. Yet, located within the pages of **Performance Functional Foods** a interesting fictional prize blinking with fresh feelings, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, this enchanting opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the psychological depths of the touching review, we will embark upon a sincere exploration of the book is key subjects, dissect their captivating publishing design, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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Performance Functional Foods Introduction

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