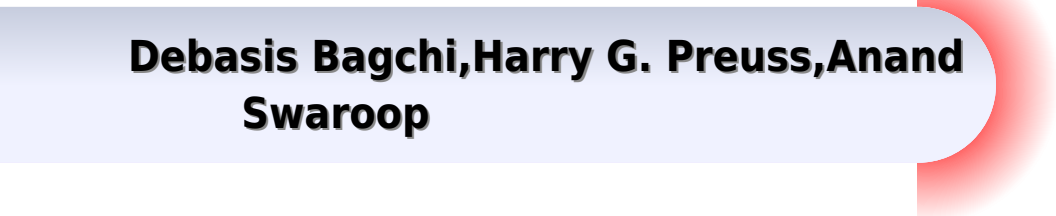


Performance functional foods

Edited by David H. Watson

Performance Functional Foods

**Debasis Bagchi, Harry G. Preuss, Anand
Swaroop**



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

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 **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

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

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

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 **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 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.

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.

Milk and Dairy Products as Functional Foods Ara Kanekanian, 2014-04-09 There continues to be strong interest within the food industry in developing new products which offer functional health benefits to the consumer. The premium prices that can be charged make these added value products lucrative for manufacturers and they are also commercially popular. Dairy foods are central to this sector; they are good delivery systems for functional foods, yoghurts, milk drinks, spreads and are also rich in compounds which can be extracted and used as functional ingredients in other food types. Milk and Dairy Products as Functional Foods draws together a wealth of information regarding the functional health benefits of milk and dairy products. It examines the physiological role and the claimed health effects of dairy constituents such as proteins, bioactive peptides, conjugated linoleic acid, CLA, omega-3 fatty acids, vitamin D and calcium. These constituents have been shown to be, for example, anticarcinogenic, anti-inflammatory, antihypertensive, hypocholesterolemic, immune modulating and antimicrobial. This book examines the evidence for these claims and investigates practical approaches for utilising these

attributes The book is aimed at dairy scientists and technologists in industry and academia general food scientists and technologists microbiologists and nutritionists together with all those involved in the formulation and production of functional food products

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

Emerging Food Packaging Technologies Kit L Yam, Dong Sun Lee, 2012-03-15 The successful employment of food packaging can greatly improve product safety and quality making the area a key concern to the food processing industry Emerging food packaging technologies reviews advances in packaging materials the design and implementation of smart packaging techniques and developments in response to growing concerns about packaging sustainability Part one of Emerging food packaging technologies focuses on developments in active packaging reviewing controlled release packaging active antimicrobials and nanocomposites in packaging and edible chitosan coatings Part two goes on to consider intelligent packaging and how advances in the consumer packaging interface can improve food safety and quality Developments in packaging material are analysed in part three with nanocomposites emerging coating technologies light protective and non thermal process packaging discussed alongside a consideration of the safety of plastics as food packaging materials Finally part four explores the use of eco design life cycle assessment and the

utilisation of bio based polymers in the production of smarter environmentally compatible packaging With its distinguished editors and international team of expert contributors *Emerging food packaging technologies* is an indispensable reference work for all those responsible for the design production and use of food and beverage packaging as well as a key source for researchers in this area Reviews advances in packaging materials the design and implementation of smart packaging techniques and developments in response to growing concerns about packaging sustainability Considers intelligent packaging and how advances in the consumer packaging interface can improve food safety and quality Examines developments in packaging materials nanocomposites emerging coating technologies light protective and non thermal process packaging and the safety of plastics as food packaging materials

New Analytical Approaches for Verifying the Origin of Food Paul Brereton, 2013-07-31 Food and beverage labels often specify a product's geographical origin species variety and method of production These claims can significantly influence an item's economic value but their verification is not always straightforward *New analytical approaches for verifying the origin of food* reviews new analytical methods in this area together with applications to key commodities Part one introduces the concept of food origin and provides supporting information on labelling legislation and standards Part two moves on to explore new approaches for verifying the geographical origin of food using geospatial models and verifying species and varietal components of the food we eat Holistic methods of verification methods using vibrational spectroscopy and associated chemometrics are also discussed Finally part three highlights the applications of new analytical methods to verify the origin of particular food commodities fish honey and wine *New analytical approaches for verifying the origin of food* is a standard reference for professionals working in analytical laboratories testing food authenticity and for researchers in the food industry analytical laboratories and academia working on the development of analytical methods for food authenticity Includes a chapter on origin labelling legislation and standards Chapters address the applications of both established and novel methods in key product sectors Reviews new analytical methods and their applications in the food industry

Functional Foods and Nutraceuticals for Human Health Cristóbal Noé Aguilar, A. K. Haghi, 2021-12-15 This new volume provides important information on potential applications and new developments in functional health foods and nutraceuticals It looks at the health promoting properties in functional foods and beverages as well as nutraceuticals Some health issues that are considered in conjunction with these foods and nutraceuticals include oxidative stress obesity pharyngitis low cognitive concentration among others Research topics include the antioxidant properties of certain products the development of functional and medicinal beverages nutraceuticals and functional foods for alternative therapies and more

Manley's Technology of Biscuits, Crackers and Cookies Duncan Manley, 2011-09-28 *Manley's Technology of Biscuits Crackers and Cookies* is widely regarded as the standard work in its field Part one covers management issues such as HACCP quality control process control and product development Part two deals with the selection of raw materials and ingredients The

range and types of biscuits is covered in part three while part four covers the main production processes and equipment from bulk handling and metering of ingredients to packaging storage and waste management Eight expert authors have joined Duncan Manley in extensively updating and expanding the book which is now some 25% longer than the previous edition Part one now includes a new chapter on sustainability in the biscuit industry and the discussion of process and efficiency control is more detailed In part two the information on wheat flour has been extensively revised to reflect recent developments and there are entirely new chapters on fats and oils and packaging materials Photographs of the major types of biscuits now illustrate chapters in part three which also includes a newly composed chapter on the position of biscuits in nutrition Finally part four has been comprehensively reviewed and revised with the assistance of an author from a major machinery manufacturer With its distinguished editor and team of expert contributors this new edition consolidates the position of Manley s Technology of Biscuits Crackers and Cookies as the standard reference work in the industry Widely regarded as the standard work in its field Covers management issues such as HACCP quality control process control and product development Deals with the selection of raw materials and ingredients

Environmental Assessment and Management in the Food Industry U Sonesson,J Berlin,F Ziegler,2010-09-30 Life cycle assessment LCA of production and processing in the food industry is an important tool for improving sustainability Environmental assessment and management in the food industry reviews the advantages challenges and different applications of LCA and related methods for environmental assessment as well as key aspects of environmental management in this industry sector Part one discusses the environmental impact of food production and processing addressing issues such as nutrient management and water efficiency in agriculture Chapters in Part two cover LCA methodology and challenges with chapters focusing on different food industry sectors such as crop production livestock and aquaculture Part three addresses the applications of LCA and related approaches in the food industry with chapters covering combining LCA with economic tools ecodesign of food products and footprinting methods of assessment among other topics The final part of the book concentrates on environmental management in the food industry including contributions on training eco labelling and establishing management systems With its international team of editors and contributors Environmental assessment and management in the food industry is an essential reference for anyone involved in environmental management in the food industry and for those with an academic interest in sustainable food production Reviews the advantages challenges and different applications of LCA and related methods for environmental assessment Discusses the environmental impact of food production and processing addressing issues such as nutrient management and water efficiency in agriculture Examines environmental management in the food industry including contributions on training eco labelling and establishing management systems

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