



Roots, Tubers, Plantains and Bananas in Human Nutrition (FAO food & nutrition series)

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Roots Tubers Plantains And Bananas In Human Nutrition Fao Food And Nutrition Series

**Food and Agriculture Organization of
the United Nations, World Health
Organization**



Roots Tubers Plantains And Bananas In Human Nutrition Fao Food And Nutrition Series:

Roots, Tubers, Plantains and Bananas in Human Nutrition Food and Agriculture Organization of the United Nations, 1990-01-01 **Tropical Roots and Tubers** Harish K. Sharma, Nicolas Y. Njintang, Rekha S. Singhal, Pragati Kaushal, 2016-08-24

Roots and tubers are considered as the most important food crops after cereals and contribute significantly to sustainable development income generation and food security especially in the tropical regions The perishable nature of roots and tubers demands appropriate storage conditions at different stages starting from farmers to its final consumers Because of their highly perishable nature search for efficient and better methods of preservation processing have been continuing alongside the developments in different arena This book covers the processing and technological aspects of root and tuber foods detailing the production and processing of roots and tubers such as taro cassava sweet potato yam and elephant foot yam Featuring chapters on anatomy taxonomy and physiology molecular and biochemical characterization GAP GMP HACCP Storage techniques as well as the latest technological interventions in Taro Cassava Sweet potato yam and Elephant foot Yam Handbook of Cereals, Pulses, Roots, and Tubers Sneh Punia, Anil Kumar Siroha, Manoj Kumar, 2021-10-11

Cereals pulses roots and tubers are major food sources worldwide and make a substantial contribution to the intake of carbohydrates protein and fiber as well as vitamin E and B The Handbook of Cereals Pulses Roots and Tubers Functionality Health Benefits and Applications provides information about commercial cereals pulses and their nutritional profile as well as health benefits and their food and non food applications Split into four sections this handbook covers all the recent research about the related crops and outlines matters needing further research in the field of agriculture sciences Both qualitative and quantitative analysis of nutrients and bio actives and their beneficial effects on human health are highlighted in this book The conclusions drawn and future perspectives proposed in each chapter will also help researchers to take more focused approaches FEATURES Covers the full spectrum of cereals pulses roots and tubers grain production processing and their use for foods feeds fuels and industrial materials and other uses Contains the latest information from grain science professionals and food technologists alike Provides comprehensive knowledge on the nutritional and non nutritional aspects of cereals pulses and tubers Discusses the latest development in modification of native starch Provides information in enhancing shelf life and its utilization in phytochemical rich product development The result of various well versed researchers across the globe sharing their knowledge and experience this handbook will be a valuable resource for students researchers and industrial practioners who wish to enhance their knowledge and insights on cereals pulses roots and tubers CULTIVATED PLANTS, PRIMARILY AS FOOD SOURCES -Volume I Gyorgy Fuleky, 2009-02-13

Cultivated Plants Primarily as Food Sources is a component of Encyclopedia of Food and Agricultural Sciences Engineering and Technology Resources in the global Encyclopedia of Life Support Systems EOLSS which is an integrated compendium of twenty one Encyclopedias Global food demand is forecast to double and possible triple by the year 2050 when more than 10

billion people will need to be fed worldwide To ensure adequate nutrition for this growing population food production must be expanded faster than the population Following a longer introduction chapter with some information on the history of crop production the land used for agriculture the cropping systems and the future trends comes the knowledge in depth The grain and cereal the edible bean plants the vegetables and plants for edible starch oil sugar and beverage production the fruits and nuts the fiber forage and industrial crops Each subject contains glossary and bibliography for better and deeper understanding At each important plant the history the production technology the importance of the crop in nutrition of growing population the feeding value some short case stories and the future trends are discussed When considering plant foods in relation to human health it should be remembered that plant foods may also have health value in addition to their nutritional value It would seem possible to modify the composition of plant foods as to improve human health In developing countries poverty leads to food shortage and under nutrition and many populations survive largely on plant based diets In industrialized countries relative affluence leads to over consumption of food and especially to over consumption of animal foods at the expense of plant foods These two volumes cultivated plants primarily as food sources help to get more detailed knowledge to overcome the mentioned problem of the World These volumes are aimed at the following five major target audiences University and College Students Educators Professional Practitioners Research Personnel and Policy Analysts Managers and Decision Makers NGOs and GOs

Human Nutrition in the Developing World Michael C. Latham, Food and Agriculture Organization of the United Nations, 1997 In this publication Professor Michael Latham draws upon his far reaching experience in the field of international nutrition to provide a rich source of information about nutrition science public health food science and public policy The text summarizes key points in human nutrition and provides information about protein fats carbohydrates minerals and vitamins Special emphasis is given to the nutritional needs of infants children mothers and the elderly Basic information about foods commonly found in the diets of Africans Asians and Latin Americans is given The book focuses on the nutritional and health consequences of inadequate food consumption Each major nutritional disorder is described and factors contributing to malnutrition such as low food production food insecurity poor health status and social and cultural factors are reviewed This is a reprint of the 1997 edition

Achieving sustainable cultivation of bananas Volume 1 Prof Gert H. J. Kema, Prof André Drenth, 2018-10-05 Assesses current yields in different regions and constraints in improving productivity Discusses all the key stages in cultivation needed to make banana production more efficient Reviews ways of assessing and improving the sustainability of banana cultivation

World Agriculture: Towards 2015/2030 Jelle Bruinsma, 2017-09-25 This report is FAO's latest assessment of the long term outlook for the world's food supplies nutrition and agriculture It presents the projections and the main messages The projections cover supply and demand for the major agricultural commodities and sectors including fisheries and forestry This analysis forms the basis for a more detailed examination of other factors such as nutrition and undernourishment and the implications for international

trade The report also investigates the implications of future supply and demand for the natural resource base and discusses how technology can contribute to more sustainable development One of the report s main findings is that if no corrective action is taken the target set by the World Food Summit in 1996 that of halving the number of undernourished people by 2015 is not going to be met Nothing short of a massive effort at improving the overall development performance will free the developing world of its most pressing food insecurity problems The progress made towards this target depends on many factors not least of which are political will and the mobilization of additional resources Past experience underlines the crucial role of agriculture in the development process particularly where the majority of the population still depends on this sector for employment and income

Benefits and Potential Risks of the Lactoperoxidase System of Raw Milk

Preservation Food and Agriculture Organization of the United Nations,World Health Organization,2006-01-01 This technical meeting was jointly organised by the Animal Production and the Food Quality and Standards Services of the FAO of the United Nations in cooperation with the Department of Food Safety Zoonoses and Foodborne Disease WHO to obtain the best available scientific advice on issues related to the use of the lactoperoxidase system LP s in raw milk preservation After reviewing the available scientific information References Appendix A and B the technical meeting concluded that the LP s is a safe method of preventing milk losses due to microbial spoilage when used according to the Codex guidelines either alone or in combination with other approved procedures The LP s is particularly suitable for application in situations where technical economical and or practical reasons do not allow the use of cooling facilities for maintaining the quality of raw milk Use of the LP s does not preclude or replace the need for the pasteurization of raw milk to improve safety for human consumption

The Cultural History of Plants Sir Ghilleen Prance,Mark Nesbitt,2012-10-12 This valuable reference will be useful for both scholars and general readers It is both botanical and cultural describing the role of plant in social life regional customs the arts natural and covers all aspects of plant cultivation and migration and covers all aspects of plant cultivation and migration The text includes an explanation of plant names and a list of general references on the history of useful plants

Sweet Potato Taihua Mu,Jaspreet Singh,2019-05-18 Sweet Potato Chemistry Processing and Nutrition presents foundational information including identification analysis and use of chemical components from sweet potato in a variety of food and nonfood uses Sweet potatoes can be easily propagated are rich source of carbohydrates and functional components and are highly productive which makes them most suitable for production of staple and functional foods With the increasing population and the challenges of providing healthy food to the world there is an increasing consumer demand for new and better sweet potato products particularly for those in developing countries Providing a brief description of the specific sweet potato components their role during processing and strategies for quality optimization this book also explores novel methods of sweet potato starch protein and pectin modification providing students researchers and technologists working in the area of food science and others with the most recent information and state of the art technology for developing new and beneficial

uses of sweet potato Includes identification analysis and use of chemical components of sweet potatoes Presents case studies including problem factors proposed solutions and pros and cons of each Allows readers to identify an appropriate solution efficiently and effectively *Ancient Starch Research* Robin Torrence,Huw Barton,2016-09-16 What role did plant resources have in the evolution of the human species Why and how have plants been managed and transported to new environments Where how and why were plants domesticated and why do the patterns vary in different parts of the world What is the relationship between the intensification of food production and the rise of complex societies Numerous new studies are using starch granules discovered in archaeological contexts to answer these questions and improve our knowledge of past human behavior and environmental variation Given the substantial body of successful research the time has clearly come for a comprehensive description of ancient starch research and its potential for archaeologists This book fills these roles by describing the fundamental principles underlying starch research guiding researchers through the methodology reviewing the results of significant case studies and pointing the way to future avenues for research The joint product of over two dozen archaeological scientists *Ancient Starch Research* aims to bring the important new field of ancient starch analysis to the attention of a wider range of scholars and to provide them with the information needed to embark on their own research

Effect of Treated Cassava Peel in Diets on Growth Performance of Indonesian Indigenous Sheep R. Singgih Sugeng Santosa,2004 **Encyclopaedia of Food Science, Food Technology, and Nutrition** R. Macrae,Richard Kenneth Robinson,Michèle J. Sadler,1993 **Forests and Human Health** Carol J. Pierce Colfer,Douglas Sheil,Misa Kishi,2006-01-01 This study has two central concerns the state of human health in forests and the causal links between forests and human health Within this framework we consider four issues related to tropical forests and human health First we discuss forest foods emphasizing the forest as a food producing habitat human dependence on forest foods the nutritional contributions of such foods and nutrition related problems that affect forest peoples Our second topic is disease and other health problems In addition to the major problems HIV AIDS malaria Ebola and mercury poisoning we address some 20 other tropical diseases and health problems related to forests The third topic is medicinal products We review the biophysical properties of medicinal species and consider related indigenous knowledge human uses of medicinal forest products the serious threats to forest sustainability and the roles of traditional healers with a discussion of the benefits of forest medicines and conflicts over their distribution Our fourth and final topic is the cultural interpretations of human health found among forest peoples including holistic world views that impinge on health and indigenous knowledge The Occasional Paper concludes with some observations about the current state of our knowledge its utility and shortcomings and our suggestions for future research *Feeding the People* Rebecca Earle,2020-06-25 Potatoes are the world s fourth most important food crop yet they were unknown to most of humanity before 1500 *Feeding the People* traces the global journey of this popular foodstuff from the Andes to everywhere The potato s global history reveals the ways in which our ideas about eating are

entangled with the emergence of capitalism and its celebration of the free market It also reminds us that ordinary people make history in ways that continue to shape our lives Feeding the People tells the story of how eating became part of statecraft and provides a new account of the global spread of one of the world's most successful foods Nutrition and Physiology of Fish and Shellfish Vikas Kumar,2025-04-02 Nutrition and Physiology of Fish and Shellfish Feed Regulation Metabolism and Digestion is a solid reference on the most recent advances and fundamental subjects in nutrient metabolism intestinal transport and physiology of taste in fish The book covers the known nutrient requirements and deficiency effects for different fish along with information on the digestion and metabolism of nutrients and energy It discusses nutrient sources and preparation of practical and research feeds and provides directions for conducting fish nutrition and feeding experiments Other sections address current topics of interest to researchers and nutritionists in aquaculture research and the feed and allied industry Nutrition and Physiology of Fish and Shellfish Feed Regulation Metabolism and Digestion is written by an international group of experts and contains fresh approaches of both classical and modern concepts of animal nutrition All chapters clearly provide the essential literature related to the principles of fish nutrition and physiology that will be useful for academic researchers those working professionally in aquaculture industries and for graduate level students and researchers Presents the most recent advances in the field over the last decade Includes all nutritionally balanced environmentally sound and cost effective feed for finfish and crustaceans Provides comprehensive coverage related to nutrition and metabolism of finfish and crustaceans from fundamental nutritional concepts to digestive physiology and nutrient requirements **Antioxidants in Vegetables and Nuts - Properties and Health Benefits** Gulzar Ahmad Nayik,Amir Gull,2020-12-01 This book covers the nutritional and nutraceutical profiles of a wide range of popularly consumed vegetables and nuts The first half of the book focuses on popular vegetables and describes how higher vegetable consumption reduces the risk of diseases ranging from diabetes to osteoporosis diseases of the gastrointestinal tract cardiovascular diseases autoimmune diseases and cancer The book also includes an interesting section on the antioxidant potential of mushrooms In turn the second half discusses the nutritional value of various nuts Nuts are nutrient dense foods with complex matrices rich in unsaturated fats high quality protein fiber minerals tocopherols phytosterols and phenolics The respective chapters illustrate how the consumption of nuts could ward off chronic diseases like hypertension cancer inflammation oxidative stress high blood pressure coronary heart disease etc In order to effectively promote vegetable and nut consumption it is necessary to know and understand the nutritional and nutraceutical profiles of vegetables nuts Given its scope the book will be of interest to students researchers food scientists olericulturists dietitians and agricultural scientists alike Those working in the vegetable and nut processing industries horticultural departments and other agricultural departments will also find the comprehensive information relevant to their work Food habits and consumption in developing countries Adel P. den Hartog,Wija A. van Staveren,Inge D. Brouwer,2023-09-04 During the last

decade the food and nutrition situation in developing countries has changed dramatically For better or worse urbanization and globalization have altered the diet and nutrition in both rural and urban areas In many developing countries a persistent level of under nutrition exists both in rural areas and in urban slums due to less access to food needed for an active and healthy life On the other hand over nutrition or eating too much has emerged among the middle income groups It is essential to have a better understanding of how people deal with their food in developing countries in order to plan and implement food and nutrition programmes This manual deals with the process of changing food habits and consumption patterns in developing countries Nutritional implications together with practical information is discussed in relationship to conducting field surveys Part one of the manual provides insight into the dynamics of food habits and consumption and its socio economic and cultural dimensions Part two gives practical information on small scale surveys to be carried out within the framework of a nutrition issue including data collecting on food habits and the measurement of food intake This manual addresses professionals with practical or academic training and those who are involved in various types of food and nutrition programmes or related activities It can also be used as a handbook in food and nutrition training courses at higher and at academic level *African Technology Forum* ,1993 Wild Edible Underutilized Plants V. R. Mohan,P. S. Tresina,A. Doss,2019-07-30 Wild Edible Underutilized Plants explores the role of wild plants in human nutrition a topic that continues to take precedence in various fields of research Despite the increasing evidence on past and present nutritional roles of wild edible plants the use of these resources is often overlooked and neglected in countless policy areas This book emphasizes the importance of these plants and explores their relevance to sustainable agriculture biodiversity and public health in different agro ecological regions The book implements a conceptual approach to wild plants focusing on the benefits of incorporating these plants into people s diets and daily lives and the advantage they will provide to future generations The book also addresses widespread issues of scarcity proposing solutions that promote food sovereignty and security The book begins by first discussing the nutritional aspects of wild edible plants to explore their value as a source of vitamins antioxidants fiber minerals and other nutrients It then continues to elaborate on the anti nutritional elements of these plants providing a comprehensive overview of their utility

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