

REFINED CARBOHYDRATE FOODS AND DISEASE

Some Implications of Dietary Fibre

**edited by D. P. Burkitt
and H. C. Trowell**



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Refined Carbohydrate Foods And Disease Some Implications Of Dietary Fibre

Gene A. Spiller



Refined Carbohydrate Foods And Disease Some Implications Of Dietary Fibre:

Refined Carbohydrate Foods And Disease D Burkitt, 2012-12-02 *Refined Carbohydrate Foods and Disease Some Implications of Dietary Fibre* addresses the geographical distribution and historical emergence of the characteristically western diseases which may be accounted for on a common dietary basis particularly on deficiency of dietary fiber The book is divided into 10 parts each with number of chapters focusing on relationship between disease and the environment refined carbohydrate foods various diseases of the large intestine and other diseases that are associated with constipation straining at stool and refined carbohydrate foods The book shows the role of refined carbohydrate foods as a significant cause of diseases because it removes fiber which has many unsuspected physiological functions This reference is deemed to be useful to forge stronger links between epidemiologists and experimental workers

Dietary Fibre — A Component of Food

Thomas F. Schweizer, Christine A. Edwards, 2013-03-07 Dietary fibre is now recognized as a vital component of good daily nutrition yet its properties and specific role in the digestive system are still being investigated The involvement of government agencies the food industry and health professionals as well as public interest make this global overview *Dietary Fibre A Component of Food* an important contribution to the literature on the subject The cooperation of experts from different research centers and their peer review of each other's papers enhance the value of the book since it presents consolidated views and objective assessments on such key issues as fibre analysis and mineral bioavailability The seventeen chapters are grouped into three sections The background papers deal with biochemical and analytical characteristics e g the physico chemical properties of food polysaccharides and bacterial fermentation in the colon The papers on physiological effects deal with the physiological function of dietary fibre throughout the gastrointestinal tract its influence on protein lipid and carbohydrate digestion and absorption and its role in bile acid metabolism and faecal bulking The third section of papers focuses on the prevention and treatment of disease gastrointestinal disorders obesity diabetes mellitus and hyperlipidemias

Diet Related to Killer Diseases, IV United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1977

Diet Related to Killer Diseases United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1977

CRC Handbook of Dietary Fiber in Human Nutrition Gene A. Spiller, 2001-06-27 Dietary fiber is widely recognized as an essential element of good nutrition In fact research on the use of fiber in food science and medicine is being conducted at an incredible pace *CRC Handbook of Dietary Fiber in Human Nutrition* Third Edition explores the chemistry analytical methodologies physiological and biochemical aspects clinical a

Medical Aspects of Dietary Fiber

Gene A. Spiller, 2013-06-29 Dietary therapy has always been important to medical practice even if it has more often been sacramental than physiological in effect You are what you eat meant a lot to primitive tribes whose new leader had to eat part of his predecessor and giving diets brought out the priest in the physician even if he or she had heard that nothing that enters into a man defiles a man What people eat began to take on new meaning however a generation ago when

Schoenheimer and others made clear that body fat and muscle protein were not the sluggish unchanging masses they had appeared but instead were store houses of energy and material influenced by food activity and metabolic processes. Fiber or residue as it was then still called however seemed unimportant even the gastroenterologist concerned with keeping the bowels open by three cooked fruits three cooked vegetables and twelve glasses of water each day sometimes felt like a shaman if his cure for constipation worked. Nobody any longer read Arbuthnot Lane's charming Victorian book *The Way Out* which placed the blame for most human ailments on constipation. Lane even removed the bowel to cure the costive ills. Burkitt revived a scientific interest in fiber and the possible connection between diet constipation and many physical disorders by observing the volume and frequency of stools on an African diet and on an English diet.

Nutrition and Fitness in Health and Disease A. P. Simopoulos, 1993-05-13

Methods of Analysis for Functional Foods and Nutraceuticals W. Jeffrey Hurst, 2002-04-16

Written by experts at the forefront of phytochemical analysis this book covers the important classes of bioactive components of functional foods and nutraceuticals. It also includes some components for which no acceptable methods of analysis are yet available. Organized by compound class.

Methods of Analysis for Functional Foods and Nutraceuticals

Dietary Fiber and Health Susan Cho, Nelson Almeida, 2012-05-29

Adequate fiber in the diet is essential for maintaining gastrointestinal and cardiovascular health and for weight management and glycemic control. But a majority of people in developed countries fall short of their recommended daily intake. Designed for product developers, nutritionists, dietitians and regulatory agencies.

Dietary Fiber and Health

Encyclopedia of Human Nutrition Lindsay Allen, Andrew Prentice, 2005-07-20

Encyclopedia of Human Nutrition Second Edition is a thorough revision and 20% expansion of the 1998 release reflecting the continuing scientific advances in the field of human nutrition. Now a four volume set, nearly 300 articles with concise up to date information are complemented by an award winning indexing system. Included is expanded coverage of epidemiology of diet related diseases, functional foods, food safety, clinical nutrition and gastrointestinal disorders. Virtually everyone will find the Encyclopedia of Human Nutrition an easy to use resource making it an ideal reference choice for both the professional and the non professional alike. Also available online via ScienceDirect featuring extensive browsing, searching and internal cross referencing between articles in the work plus dynamic linking to journal articles and abstract databases making navigation flexible and easy. For more information, pricing options and availability visit www.info.sciencedirect.com.

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