



## **Handbook of Nutraceuticals and Functional Foods, Second Edition (Modern Nutrition)**

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# Handbook of Nutraceuticals and Functional Foods, Second Edition (Modern Nutrition)

## Handbook of Nutraceuticals and Functional Foods, Second Edition (Modern Nutrition)

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.

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