

DRIED FRUITS

PHYTOCHEMICALS AND HEALTH EFFECTS

Edited by Cesarettin Alasalvar and Fereidoon Shahidi



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Dried Fruits Phytochemicals And Health Effects Hui Food Science And Technology

Margot Skinner, Denise Hunter



Dried Fruits Phytochemicals And Health Effects Hui Food Science And Technology:

Dried Fruits Fereidoon Shahidi, 2013-04-01 Dried fruits serve as important healthful snack items around the world. They provide a concentrated form of fresh fruits prepared by different drying techniques. With their unique combination of taste, aroma, essential nutrients, fibre, and phytochemicals or bioactive compounds, dried fruits are convenient for healthy eating and can bridge the gap between recommended intake of fruits and actual consumption. Dried fruits are nutritionally equivalent to fresh fruits in smaller serving sizes in the current dietary recommendations of various countries. Scientific evidence suggests that individuals who regularly consume generous amounts of dried fruits have lower rates of cardiovascular disease, obesity, various types of cancer, type 2 diabetes, and other chronic diseases. Dried fruits also have the advantage of being easy to store and distribute, available around the year, readily incorporated into other foods and recipes, and present a healthy alternative to salty or sugary snacks. **Dried Fruits Phytochemicals and Health Effects** is divided into three sections preceded by introductory chapters that provide an overview of dried fruits, their composition, phytochemicals, and health applications, as well as the cancer chemopreventive effects of selected dried fruits: amla, fruits or Indian gooseberries, avocados, berries, mangoes, mangosteens, persimmons, prunes, raisins, kiwi fruits, and other dried fruits. The first section covers the most popular dried berries: blackberries, blackcurrants, blueberries, cranberries, goji berries, mulberries, raspberries, and strawberries. The second section discusses non-tropical dried fruits: apples, apricots, cherries, citrus fruits, figs, nectarines, peaches, pears, prunes, and raisins. The final section addresses tropical dried fruits: acai fruits, bananas, dates, guavas, papayas, mangoes, passion fruits, and pineapples. Contributors to this volume are internationally renowned researchers who have provided a comprehensive account of the global perspectives of the issues relating to phytochemicals and health effects of dried fruits. The book will serve as a resource for those interested in the potential application of new developments in dried fruits, nutraceuticals, and functional foods. Biochemists, chemists, food scientists, technologists, nutritionists, and health professionals from academia, government laboratories, and industry will benefit from this publication. Although this book is intended primarily as a reference book, it also summarises the current state of knowledge in key research areas and contains ideas for future work. In addition, it provides easy-to-read text suitable for teaching senior undergraduate and postgraduate students.

Advanced Drying Technologies for Foods Arun S. Mujumdar, Hong-Wei Xiao, 2019-06-19 The goal of all drying research and development is to develop cost-effective innovative processes that yield high-quality dried products with less energy consumption and reduced environmental impact. With the literature on drying widely scattered, **Advanced Drying Technologies for Foods** compiles under one cover concise, authoritative, up-to-date assessments of modern drying technologies applied to foods. This book assembles a number of internationally recognized experts to provide critical reviews of advanced drying technologies, their merits and limitations, application areas, and research opportunities for further development. **Features:** Provides critical reviews of advanced drying technologies; Discusses the merits and limitations of a

variety of food drying technologies Explains drying kinetics energy consumption and quality of food products Reviews the principles and recent applications of superheated steam drying The first four chapters deal with recent developments in field assisted drying technologies These include drying techniques with the utilization of electromagnetic fields to deliver energy required for drying for example microwave drying radio frequency drying electrohydrodynamic drying and infrared radiation drying The remainder of this book covers a wide assortment of recently developed technologies which include pulse drying swell drying impinging stream drying and selected advances in spray drying The final chapter includes some innovative technologies which are gaining ground and are covered in depth in a number of review articles and handbooks and hence covered briefly in the interest completeness This book is a valuable reference work for researchers in academia as well as industry and will encourage further research and development and innovations in food drying technologies

Intermittent and Nonstationary Drying Technologies Azharul Karim, Chung-Lim Law, 2017-09-18 The first comprehensive book on intermittent drying Intermittent and Nonstationary Drying Technologies Principles and Applications demonstrates the benefits of this process and covers key issues including technologies effect of operating parameters mathematical modelling energy efficiency and product quality It discusses such topics as periodic drying conventional and intermittent food drying processes and food quality relationship among intermittency of drying microstructural changes and food quality microwave assisted pulsed fluidized and spouted bed drying and cellular level water distribution Aimed at food engineers chemical product engineers pharmaceutical engineers and technologists plant design engineers and researchers and students in these areas this useful reference helps readers

Value-Added Ingredients and Enrichments of Beverages Alexandru Grumezescu, Alina Maria Holban, 2019-06-22 Value Added Ingredients and Enrichment of Beverages Volume Fourteen in The Science of Beverages series takes a multidisciplinary approach in addressing what consumers demand in natural beverages This in depth reference covers both natural and unnatural ingredients and explains their impact on consumer health and nutrition Sweeteners vitamins oils and other natural ingredients to improve beverages are included The book addresses some of the most common enrichments used in the industry including those with biomedical and nutritional applications This volume will be useful to anyone in the beverages industry who needs a better understanding of advances in the industry Discusses health related benefits and risks along with the potential harmful effects of additives and preservatives Provides research examples of health promoting ingredients in beverages to further research and development Presents key steps in designing formulations of enriched beverages analysis product development shelf life cost benefit ratio and compliance with WHO regulations

Nano-food Engineering Umesh Hebbar, Shivendu Ranjan, Nandita Dasgupta, Raghvendra Kumar Mishra, 2020-08-06 This extensive and singular work focuses on current applications of nanotechnology in food systems The functionality and applicability of food related nanotechnology is covered in depth presenting a view on the food processing packaging storage and safety assessment of nanotechnology in the food industry Multiple nanostructures are covered each

with their specific ingredient choice production strategy functionality and application in food engineering Individual chapters focus on current processing methods and applications of nanotechnology in foods Nano food Engineering Volume One brings together panels of highly accomplished experts in the field of composites nanotechnology and chemical engineering and food technology The work encompasses basic studies and addresses novel issues covering all engineering aspects opportunities and challenges and solutions of nano foods

Technology and Innovation for Sustainable Development: Turning Digital Disruptions into Opportunities Noppakun Sanpo,Jirasak Tharajak,Paisan Kanthang,2020-08-28 Selected peer reviewed papers from the 10th RMUTP International Conference on Science Technology and Innovation for Sustainable Development Turning Digital Disruptions into Opportunities 2019 10th RMUTP ICON SCi 2019

Cereal-Based Foodstuffs: The Backbone of Mediterranean Cuisine Fatma Boukid,2021-04-19 Cereal Based Foodstuffs The Backbone of the Mediterranean provides an overview of cereal based products in the Mediterranean region illustrating the spectrum of products from past to present and their various processing methods The text explores new and understudied market trends in cereal based products such as cereal pulse blends pulse pastas and flat breads Chapters cover products originating in North Africa such as bulgur and couscous which are consumed worldwide but underrepresented in the scientific literature Contributing authors also offer a legislative perspective on issues of food safety the European Food Safety Association s definition of novel foods and the position of traditional foods in the Mediterranean food industry This wide ranging text thus serves members of both the scientific and industrial community seeking better coverage of global cereal product trends

Herbs, Shrubs, and Trees of Potential Medicinal Benefits Azamal Husen,2022-06-28 There has been a worldwide increase in the demand for medicinal plants that aid the immune system and considerable progress has been made in plant based drug development Herbs Shrubs and Trees of Potential Medicinal Benefits examines how plants are used in the development of drugs preventing and treating cancer hepatitis asthma influenza HIV and other diseases by manipulating a variety of bioactive molecules found in these plant parts The book analyses how plants may strengthen human immunity improve mood and brain function enhance blood and oxygen circulation boost the healing processes and maintain blood pressure Though many herbs shrubs and trees have been identified for developing healthcare products many of them require further exploration for potential usage This volume in the Exploring Medicinal Plants series presents information on herbs shrubs and trees discussing traditional knowledge chemical derivatives and potential benefits of these items Features Identifies and highlights some medicinal herbs shrubs and or trees around the world presenting overall potential benefits to human health Explores important medicinal plants for their bioactive constituents and phytochemicals Discusses medicinal herbs shrubs and or trees for their uses in herbal drug preparation Written by an international panel of plant scientists this book is an essential resource to students pharmacists and chemists It provides valuable information on fundamental chemical principles modes of action and product formulation of bioactive natural products derived from plants for medical applications

Advances in the Biology, Aquaculture, and Conservation of Threatened Marine Species and their Application in Human Health and Nutrition Anthony Lee Dellinger, Rachel Tinker-Kulberg, Christopher C. Chabot, Stephen Allen

Smith, Siu Gin Cheung, Paul Shin, Kit Yue Kwan, Alan T. Critchley, 2022-05-23 Bioactives in Fruit Margot Skinner, Denise Hunter, 2013-09-10 For centuries we have known that fruit is important for health but we are only just beginning to fully understand why Bioactives in Fruit Health Benefits and Functional Foods aims to summarise some of our current knowledge on the bioactive compounds that are associated with the health benefits of specific fruits with a strong emphasis on the validation of health benefits by human intervention trials Reflecting the current interest in food and health the book includes strategies to retain and enhance the bioactives in fruit through breeding growing conditions fruit storage processing into ingredients and production of functional foods To accomplish this task authors with expertise in biology chemistry pharmacology food science nutrition medicine and horticulture have contributed They come from universities government and industry funded research institutes and biotechnology and food companies in Europe the United States Asia and New Zealand to give the book a broad perspective This book describing fruit bioactives their health benefits when consumed as a food and related topics regarding their development into fresh or processed functional foods will be of use to postgraduate students researchers functional food product developers food regulators and anyone who has curiosity about why fruit is good for you The information contained within will provide plant breeders with new targets for the development of value added horticultural products and will also provide nutritionists and dieticians with a useful resource for developing strategies to assist in preventing or slowing disease onset or severity Bioactives in Fruit Health Benefits and Functional Foods is a major resource which will be required reading for anyone working in the fields of health and functional foods **Health**

Benefits of Nuts and Dried Fruits Cesarettin Alasalvar, Jordi Salas-Salvado, Emilio Ros, Joan Sabate, 2020-02-06 Nuts and dried fruits are part of our daily diet They are consumed whole or as ingredients of many food products such as muffins cereals chocolates energy bars breads and cookies among others Health Benefits of Nuts and Dried Fruits provides a comprehensive overview of the literature on the health benefits of nuts and dried fruits The book summarizes the current state of knowledge in key research areas and provides ideas for future scientific research and product development Nuts a term that comprises tree nuts and peanuts are highly nutritious containing health promoting macronutrients micronutrients vitamins and bioactive phytochemicals they are one of the edible foods with the highest content in antioxidants The consumption of nuts is recognized for its health promoting properties which ranges from a consistent cholesterol lowering effect in clinical trials to a robust association with reduced risk of cardiovascular disease and all cause mortality in prospective studies In spite of the high energy content of nuts there is no evidence that their frequent consumption promotes obesity and they may even help control it Dried fruits which serve as important healthful snacks worldwide are nutritionally equivalent to fresh fruits while providing all of their bioactive components in concentrated form While the evidence level

concerning the health effects of dried fruits lags behind that on nuts it suggests that individuals who consume dried fruits regularly have a lower risk of cardiovascular disease obesity and other non communicable diseases Main features of the book concerning nuts and dried fruits Provides detailed information on health effects Highlights current regulation and health claims Provides updated dietary recommendations Describes nutrient absorption and metabolism Discusses mechanisms implicated in the health effects Although this book is intended primarily as a reference by comprehensively reviewing the current state of knowledge it can guide future research on the topic Among others food scientists biochemists nutritionists health professionals decision makers and regulatory agencies can draw much benefit from its contents Hopefully it will help in public health strategies to promote healthy aging and improve population wellbeing *Improving the Health-Promoting Properties of Fruit and Vegetable Products* F A Tomás-Barberán, M I Gil, 2008-04-23 Consumers are advised to increase fruit and vegetable consumption but the health effects of increased intake are not fully understood This important collection brings together information on the health promoting properties of fruit and vegetables Introductory chapters provide an overview of fruit and vegetable bioactives and consumer attitudes towards fruit and vegetables Part two discusses the health effects of fruit and vegetables in relation to specific diseases including cancer cardiovascular disease diabetes obesity and neurodegenerative diseases The focus in Part three is on understanding fruit and vegetable phytochemicals Chapters cover physiological and ecological functions and biosynthesis of health promoting compounds in fruit and vegetables rapid analysis of phytochemicals in fruit and vegetables and clinical evidence for biological activity of fruit and vegetable phytochemicals Part four chapters review the effect of pre and post harvest technologies on the health promoting properties of fruit and vegetables Topics covered include traditional breeding and modern processing techniques and their effect on fruit and vegetable phytochemicals genetic manipulation of vegetable crops to alleviate diet related diseases agronomy and the nutritional quality of fruit storage and handling of fruit and vegetables for optimal health related quality and postharvest enhancement of bioactive compounds in fresh produce using abiotic stresses The final chapters in Part five look at the nutritional quality of particular fruit and vegetable products such as fresh cut fruit and vegetables and organic fruit and vegetables *Improving the health promoting properties of fruit and vegetable products* is a valuable reference for those working in the fresh and processed fruit and vegetable sector of the food industry Provides an overview of fruit and vegetable bioactives Discusses the health effects of fruit and vegetables in relation to specific diseases Reviews the impact of agronomy post harvest treatments and processing on the nutritional quality of fresh fruit and vegetables *Phytochemicals in Goji Berries* Xingqian Ye, Yueming Jiang, 2020-06-04 Goji berries *Lycium barbarum* which are widely distributed in Northwestern China Southeastern Europe and the Mediterranean areas have traditionally been employed in Chinese medicine from ancient times Goji berries also known as wolfberry have become increasingly popular in the Western world because of their nutritional properties often advertised as a superfood in Europe and North America With the development of analysis

methods various chemical constituents have been identified including carbohydrates carotenoids flavonoids betaine cerebroside sitosterol amino acids trace elements vitamins and other constituents Polysaccharides have been identified as one of the major active ingredients responsible for biological activities Phytochemicals in Goji Berries Applications in Functional Foods a volume in the Functional Foods and Nutraceuticals Series provides information about the chemical biochemical botanic properties bioactive components and health benefits of Goji berries It also discusses postharvest storage technology processing technology and the development and utilization of Goji berry by products in medicinal foods and functional foods as well as addressing food safety issues Features Provide information on Goji fruit origin and growing conditions distribution and biochemical properties Discusses such medicinal properties and health benefits of Goji berries as the capacity to lower blood pressure treat anemia maintain cholesterol levels in the normal range and decrease risk of cardiovascular disease Additionally Goji berries have anti inflammatory and anti tumor properties among others Includes information on traditional products new products and innovative processing technologies This book will serve college and university students majoring in food science nutrition pharmaceutical science and botanical science It also will serve as a unique reference for food science professionals pursuing functional foods marketing expansion as well as nutritional dietary management Readers will obtain sound scientific knowledge of the nutritional value and health benefits of the different Goji berry products such as juice cake soup snacks and medicinal foods Also available in the Functional Foods and Nutraceuticals series Korean Functional Foods Composition Processing and Health Benefits edited by Kun Young Park Dae Young Kwon Ki Won Lee Sunmin Park ISBN 978 1 4987 9965 2 Phytochemicals in Citrus Applications in Functional Foods edited by Xingqian Ye ISBN 978 1 4987 4272 6 Food as Medicine Functional Food Plants of Africa by Maurice M Iwu ISBN 978 1 4987 0609 4 For a complete list of books in the series please visit our website at <https://www.crcpress.com> Functional Foods and Nutraceuticals book series CRCFUNFOONUT *Phytochemical Functional Foods* Ian Johnson, Gary Williamson, 2003-05-27 Plant foods are rich in micronutrients but they also contain an immense variety of biologically active non nutritive compounds that contribute to colour flavour and other characteristics This book assesses the health benefits of phytochemicals as well as the functional benefits of particular groups of phytochemicals such as phytoestrogens carotenoids and flavonoids It covers key safety and quality issues in developing phytochemical products instituting appropriate intake levels testing for safety and establishing health claims through clinical trials This book will establish itself as a standard reference on one of the most important sectors in the functional foods market Asian Berries Gengsheng Xiao, Yujuan Xu, Yuanshan Yu, 2020-12-17 As consumers look to natural foods to promote health and well being their focus has been on foods with recognized health properties Natural health products with rich antioxidant and high free radical scavenging activity such as Asian berries currently draw the interest of scientific researchers whose goal is to evaluate Asian berries nutritional and health promoting properties Collected in one source Asian Berries Health Benefits covers a wide array of different Asian berries their

properties potential health benefits and possible uses Asian berries are well known traditional nutritional foods and herbal medicinals as well as valuable nourishing tonic which has been used for thousands of years in Asian countries They are traditionally employed as herbal medicinals from ancient times Recently Asian berries widely marketed as health foods have become increasingly popular in the Western world because of their health promoting properties This book explores a wide array of possibilities and benefits that come from Asian berries Key Features Defines chemical biochemical properties bioactive components and health benefits of Asian berries Details postharvest storage technology and processing technology development Explains utilization of Asian berries by products Discusses Asian berries functional foods as well as food safety issues Complete with 18 chapters written by experts in their field Asian Berries Health Benefits serves as an excellent reference for anyone interested in the science and technology of bioactive components from Asian berries as health promoting foods

Dried Fruit Products Felipe Richter Reis, Shivanand S. Shirkole, 2024-07-10 Dehydration of fruits is a massive operation amounting to tens of billions of dollars worth in the global market The enormous variety of fruits grown around the world and the wide range of products made therefrom make this an attractive method for the development of novel and shelf stable consumer products Dried Fruit Products offers a current approach linking the theory and practice of fruit drying summarizing various techniques their advantages and limitations industrial applications and simple design methods Such dried fruit products as fruit pieces fruit leathers and fruit powders are dealt with in a way to inform their physical chemical sensory and nutritional features along with the characteristics of the process used to obtain them such as drying method and drying equipment Key Features Contains up to date information on fruit drying Presents a multi perspective viewpoint of fruit drying Addresses both food science and chemical engineering aspects of fruit drying Readers can gain knowledge on the various types of drying techniques and insightful thoughts on selecting the appropriate drying techniques for different fruit products

Understanding and Optimising the Nutraceutical Properties of Fruit and Vegetables Victor R. Preedy, Vinood B. Patel, 2022 As populations in many developed countries age and the burden of chronic disease increases there is an increasing focus on preventative measures This has resulted in a wealth of ongoing research on optimising the nutraceutical properties of key foods such as fruit and vegetables Understanding and optimising the nutraceutical properties of fruit and vegetables reviews the key research on phytochemicals their health benefits and their role in the prevention of serious diseases such as cancer and cardiovascular disease The collection explores the nutraceutical properties of phytochemical compounds in fruit and vegetables such as antioxidants flavonoids and glucosinolates and how these can be optimised to enhance human health through improved nutrition

Nutraceuticals and Functional Foods : G. K. Jayaprakasha, Bhimanagouda S. Patil, 2015-12-30 Nutraceuticals and Functional Foods 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 The present series on Nutraceuticals and Functional

Foods focuses on the health promoting properties of fruits and their active components involved in the prevention of chronic diseases A world class group of academic researchers and scientists wrote these chapters to provide state of the art reviews The nine chapters in this book provide an integrated picture of the health beneficial properties of functional foods Chapters 1 3 address the health benefits of commonly consumed beverages such as tea coffee and fruit juices Chapters 4 8 deal with the nutraceutical properties of major and highly consumed fruits including pomegranates citrus grapes kiwifruits annona and berries In addition these chapters discuss consumer interest in naturally colored foods with regard to absorption metabolism and antioxidant capacity followed by the causes of inflammatory diseases and diabetes as well as various biological activities that can overcome these health concerns Chapter 9 presents the heart health benefits of plant sterols these compounds found naturally in whole grains nuts oil seeds and legumes as well as fruits and are structurally similar to cholesterol and can reduce total and LDL cholesterol levels in humans Thus this series comprehensively describes the basic information that will be useful for scientists researchers teachers and consumers This volume is aimed at the following major target audiences University and College Students Educators Professional Practitioners and Research Personnel **Dietary Phytochemicals**

Chukwuebuka Egbuna, Sadia Hassan, 2021-08-20 This book presents comprehensive coverage on the importance of good nutrition in the treatment and management of obesity cancer and diabetes Naturally occurring bioactive compounds are ubiquitous in most dietary plants available to humans and provide opportunities for the management of diseases The text provides information about the major causes of these diseases and their association with nutrition The text also covers the role of dietary phytochemicals in drug development and their pathways Later chapters emphasize novel bioactive compounds as anti diabetic anti cancer and anti obesity agents and describe their mechanisms to regulate cell metabolism Written by global team of experts Dietary Phytochemicals A Source of Novel Bioactive Compounds for the Treatment of Obesity Cancer and Diabetes describes the potentials of novel phytochemicals their sources and underlying mechanism of action The chapters were drawn systematically and incorporated sequentially to facilitate proper understanding This book is intended for nutritionists physicians medicinal chemists drug developers in research and development postgraduate students and scientists in area of nutrition and life sciences Plant-Based Functional Foods and Phytochemicals Megh R. Goyal, Arijit Nath, Hafiz Ansar Rasul Suleria, 2021-03-29 Plant Based Functional Foods and Phytochemicals From Traditional Knowledge to Present Innovation covers the importance of the therapeutic health benefits of phytochemicals derived from plants It discusses the isolation of potential bioactive molecules from plant sources along with their value to human health It focuses on physical characteristics uniqueness uses distribution traditional and nutritional importance bioactivities and future trends of different plant based foods and food products Functional foods beyond providing basic nutrition may offer a potentially positive effect on health and cures for various disease conditions such as metabolic disorders including diabetes cancer and chronic inflammatory reactions The volume looks at these natural products and their bioactive compounds that are

increasingly utilized in preventive and therapeutic medications and in the production of pharmaceutical supplements and as food additives to increase functionality It also describes the concept of extraction of bioactive molecules from plant sources both conventional and modern extraction techniques available sources biochemistry structural composition and potential biological activities

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Natureis Adventure: **Dried Fruits Phytochemicals And Health Effects Hui Food Science And Technology** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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