

Soybeans As A Functional Food

Ronald Ross Watson, Ram B. Singh, Toru Takahashi

Soybeans As A Functional Food:

Soybeans as Functional Foods and Ingredients Keshun Liu, 2004-08-30 Providing authoritative information Soybeans as Functional Foods and Ingredients covers soybean chemistry health benefits research and product development Readers can find answers to key questions such as What are the nutrients and phytochemicals in soybeans How can soybeans be utilized as food and as food ingredients so that general populations can reap the health benefits of soy How can processing and breeding technology help expand soybean food and utilization The editor's ability to integrate soy food processing and soy ingredient application into the discussion of the various health benefits of soy products sets this book a part from the Phytochemicals in Soybeans Yang Li, Baokun Qi, 2022-05-29 Soybeans represent an excellent source of high competition quality protein with a low content in saturated fat They can be made into various foods such as tofu miso breakfast cereals energy bars and soy cakes Much research has been carried out on the positive health effects of soybeans and increasing evidence shows that consumption of soybeans may reduce the risk of osteoporosis have a beneficial role in chronic renal disease lower plasma cholesterol and decrease the risk of coronary heart disease Phytochemicals in Soybeans Bioactivity and Health Benefits describes in detail the chemical characteristics of health promoting components of soybeans and soybean products their impacts on human health and emerging technologies about soybean processing and new products With 22 chapters containing the most recent information associated with soybean products topics of the chapters include soybeans role in human nutrition and health their composition and physicochemical properties action mechanism of their physiologic function processing engineering technology food safety and quality control Key Features Promotes soybean products as functional food with advanced processing technology Presents the basic research containing the experimental design methods used and a detailed description of the results Provides a systematic approach to the subject to facilitate a better comprehension of the subjects with illustrations and diagrams Includes a comprehensive and up to date list of references With contributions from authors around the world who are experts in their field this book contains new information on the health impacts of soybean consumption new product development and alternative technologies of soybean processing and will be useful for professors and researchers as well as graduate and undergraduate students alike **Essentials Of** Functional Foods Mary K. Schmidl, Theodore P. Labuza, 2000-06-30 Providing overview depth and expertise Essentials of Functional Foods is the key resource for all involved in the exciting and rapidly growing arena of functional foods Every important aspect of functional foods and ingredients is covered from technology product groups and nutrition to safety efficacy and regulation The editors and their expert contributors emphasize broadly based principles that apply to many functional foods This book is essential reading for food scientists researchers and professionals who are developing researching or working with functional foods and ingredients in the food drug and dietary supplement industry

Functional Foods of the East John Shi, Chi-Tang Ho, Fereidoon Shahidi, 2010-10-21 Health and healing foods have a

long history in the Asian cultures Those of Eastern culture have long believed that food and medicine are from the same source and can treat illnesses and promote a healthier life This volume covers certain traditional Asian functional foods their history functionality health benefits physiological properties Functional Foods John Shi, Giuseppe Mazza, Marc Le Maguer, 2016-04-19 Building upon the success of the bestselling first volume Functional Foods Biochemical and Processing Aspects Volume II explores new sources of nutraceutical and functional food ingredients and addresses crucial issues for product development and processing It presents the latest developments in the chemistry biochemistry pharmacology epidem

Functional Foods Maria Saarela, 2011-04-30 The first edition of Functional foods Concept to product guickly established itself as an authoritative and wide ranging guide to the functional foods area There has been a remarkable amount of research into health promoting foods in recent years and the market for these types of products has also developed Thoroughly revised and updated this major new edition contains over ten additional chapters on significant topics including omega 3 polyunsaturated fatty acids consumers and health claims and functional foods for obesity prevention Part one provides an overview of key general issues including definitions of functional foods and legislation in the EU the US and Asia Part two focuses on functional foods and health investigating conditions such as cardiovascular disease diabetes cancer obesity and infectious diseases as well as and the impact of functional foods on cognition and bone health Part three looks at the development of functional food products Topics covered include maximising the functional benefits of plant foods dietary fibre functional dairy and soy products probiotics and omega 3 polyunsaturated fatty acids PUFAs With its distinguished editors and international team of expert contributors Functional foods Concept to product is a valuable reference tool for health professionals and scientists in the functional foods industry and to students and researchers interested in functional foods Provides an overview of key general issues including definitions of functional foods and legislation in the EU the US and Asia Focuses on functional foods and health investigating conditions such as cardiovascular disease diabetes cancer obesity and infectious diseases Examines the development of functional food products featuring maximising the functional benefits of plant foods dietary fibre functional dairy and soy products Functional Foods Mingruo Guo, 2024-09-14 Functional Foods Principles and Technology Second Edition covers the definition history and development trends of functional foods Specifically this updated edition discusses the chemistry of functional components and their physiological properties of functional foods including antioxidants dietary fiber pre pro and paraprobiotics symbiotics and postbiotics selected nutritional supplements soy and soy foods human milk biochemistry and infant formula sports drinks chemistry and formulation aspects This book is sure to be of interest to food and nutrition researchers pharmacologists and those teaching and studying related fields Presents methods and technologies to improve the bioavailability of bioactive substances Includes laboratory exercises Addresses antioxidants dietary fiber prebiotics probiotics and symbiotics lipids supplements soy sports drinks and infant formulas Hand Book of Nutraceuticals and Functional Foods Shukadev Mangaraj, M. K.

Tripathi, Nawab Ali, 2013 Handbook of Nutraceuticals and Functional Foods ,2002-01-01 For centuries man has speculated about the medicinal properties of certain foods Scientific investigation has shown us that hundreds of compounds exist in natural foods that have health promoting properties The Handbook of Nutraceuticals and Functional Foods presents an up to date and comprehensive review of this rapidly growing field for nutriti Bioactive Proteins and Peptides as Functional Foods and Nutraceuticals Yoshinori Mine, Eunice Li-Chan, Bo Jiang, 2011-06-09 Bioactive Proteins and Peptides as Functional Foods and Nutraceuticals highlights recent developments of nutraceutical proteins and peptides for the promotion of human health The book considers fundamental concepts and structure activity relations for the major classes of nutraceutical proteins and peptides Coverage includes functional proteins and peptides from numerous sources including soy Pacific hake bovine muscle peas wheat fermented milk eggs casein fish collagen bovine lactoferrin and rice The international panel of experts from industry and academia also reviews current applications and future opportunities within the nutraceutical proteins and peptides sector **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 Fermentation Biotechnology for Functional Foods Kalidas Shetty, Lena Gálvez Ranilla, 2025-10-31 Fermentation based processing advanced with global food systems as humanity started to organize the domestication of agriculture from plant and animal sources These advances emerged across regions of the world from river valley civilizations in Asia Mesopotamia India and China and Africa Egypt to Meso American civilizations As food crops and animal foods emerged from domestication to advancements in post harvest processing stages growth of invisible microbial systems led to modified foods that aligned with local palates of the communities This in several

cases became part of food systems as it added a mode of preservation and improved the food quality that was preferred by each community This is how the early genesis of fermented foods from grains fruits and vegetables to animal meats and milk products became an integral part of early civilizations over 4000 years ago and has now carried over and further developed across many countries in every region of the world The foundations of these food fermentations are now an integral part of modern food advances as preferred food substrates and the microbial interactions that drive the metabolic processes in defined food matrixes are being scientifically advanced This book focuses on bringing together diverse emergences and advancements of fermented foods across different regions of the world and how the metabolic processes associated with fermentation in several cases add health relevant functional qualities across different food matrixes This book contains 26 chapters from the Americas Africa Europe and Asia bringing together the fermentation processes of diverse food substrates and their microbial processing and in several cases providing health targeted functional benefits Key Features Discusses the rationale and basis of fermented food systems from across 26 diverse regions of the world with examples from the Americas Asia Europe and Africa Presents historical plant and animal food substrates and the metabolic processes of their fermentation across traditions of a range of countries Covers traditional food fermentations across diverse food substrates that have potentially health relevant functional benefits Reflects and presents the role of historical cultural and traditional food concepts of a diverse range of countries with many novel examples and how they have influenced health relevant functional benefits Discusses the relevance of metabolic concepts of fermented and functional foods in advancing healthy food concepts This book is important for food scientists nutritionists and the health care sector but beyond this it is also relevant for a wider global audience interested in a holistic health approach from food systems where examples of fermentation experience can inform new natural processing strategies to improve food quality and health Phytoestrogens In Functional Foods Fatih Yildiz, 2019-07-17 Polyphenol phytoestrogens bioactives found in specific foods and beverages impart antioxidant phytoestrogenic antiproliferative and enzyme modulating activities within the human metabolic system It is believed that these compounds protect against several forms of cancer cardiovascular and neurodegenerative diseases osteoporosis and menopausal symptoms While there has been a rise in polyphenol research over the past few years resulting from this discovery there has not been a thorough single source guide that synthesizes and explains the attained information until now Phytoestrogens in Functional Foods comprehensively details the scientific technical and practical aspects involved in the production consumption and safety of phytoestrogens in foods The book is divided into five parts for easy reference Section I Production introduces the topic of phytoestrogens and addresses the biosynthesis of polyphenol phytoestrogens in plants and the chemistry and mechanism of action of phytoestrogens Section II Consumption explains pharmacokinetics body composition and cell signaling Section III Risk and Benefit Analysis examines reproductive hormones in females hormone replacement therapy and the benefits and risks associated with phytoestrogens Section IV Optimization and Utilization

discusses soy isoflavones and health while Section V Applications explains wine antioxidants and phytoestrogens While extensive investigation of these topics has led to many conflicting reports about their risks and benefits this text provides answers and insight on the major questions regarding the core areas of polyphenol research **Asian Functional Foods** John Shi, Fereidoon Shahidi, Chi-Tang Ho, 2005-03-03 The consumption of functional foods has emerged as a major consumer driven trend based on the needs of an ever growing health conscious population that wants to exercise greater control over its health Focusing on an important sector of this rapidly growing field Asian Functional Foods discusses the theoretical and practical aspects of functiona Handbook of Fermented Functional Foods Edward R.(Ted) Farnworth, 2008-05-28 For centuries people around the world have used fermentation to preserve and enhance the flavor of a wide variety of foods Today complex interactions of microbiota in the digestive tract are found to influence proper digestion metabolism and disease resistance With greater emphasis on natural products and the role of food in health and wellbe Functional Food Security in Global Health Ronald Ross Watson, Ram B. Singh, Toru Takahashi, 2018-11-02 The Role of Functional Food Security in Global Health presents a collective approach to food security through the use of functional foods as a strategy to prevent under nutrition and related diseases This approach reflects the views of the Food and Agriculture Organization of the United Nations the World Health Organization the World Heart Federation and the American Heart Association who advise Mediterranean Paleolithic plant food based diets and European vegetarian diets for the prevention of cardiovascular disease In addition the book also emphasizes the inclusion of spices herbs and millets as well as animal foods This book will be a great resource to the food industry as it presents the most efficient ways to use technology to manufacture slowly absorbed micronutrient rich functional foods by blending foods that are rich in healthy nutrients Provides greater knowledge on functional food security Highlights the necessary changes to the western diet that are needed to achieve food security Explains the utility and necessity of functional food security in the prevention of noncommunicable diseases Presents policy changes in food production for farmers and the larger food industry Offers suggestions on what can be done to enhance functional food production while simultaneously decreasing production costs **Functional Foods and** Biotechnology Kalidas Shetty, Gopinadhan Paliyath, Anthony Pometto, Robert E. Levin, 2006-09-28 Functional Foods and Biotechnology focuses the information from the recently published Food Biotechnology to illuminate the role of biochemical processing in the improvement of functional foods and the increase of nutrient value Applying scientific concepts the text explores the design of functional food ingredients the bio mobilization of major nutrients and the use of specific phenolic metabolites in disease prevention Specialty topics include oxidation and disease antibodies from eggs phytochemicals as antimicrobials and passive immune improvement with pro and pre biotics. The text provides key emerging techniques for improving food production and processing enhancing food safety and quality and increasing nutritional values a 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 Foods and Dietary Supplements Athapol Noomhorm, Imran Ahmad, Anil Kumar Anal, 2014-03-11 Functional foods are foods which contain bioactive components either from plant or animal sources which can have health benefits for the consumer over and above their nutritional value Foods which have antioxidant or cancer combating components are in high demand from health conscious consumers much has been made of the health giving qualities of fruits and vegetables in particular Conversely foods which have been processed are suffering an image crisis with many consumers indiscriminately assuming that any kind of processing robs food of its natural goodness To date there has been little examination of the actual effects whether positive or negative of various types of food processing upon functional foods This book highlights the effects of food processing on the active ingredients of a wide range of functional food materials with a particular focus on foods of Asian origin Asian foods particularly herbs are becoming increasingly accepted and demanded globally with many Western consumers starting to recognize and seek out their health giving properties This book focuses on the extraction of ingredients which from materials which in the West are seen as alternative such as flour from soybeans instead of wheat or bran and starch from rice but which have long histories in Asian cultures It also highlight the incorporation of those bioactive compounds in foods and the enhancement of their bioavailability Functional Foods and Dietary Supplements Processing Effects and Health Benefits will be required reading for those working in companies research institutions and universities that are active in the areas of food processing and agri food environment Food scientists and engineers will value the new data and research findings contained in the book while environmentalists food regulatory agencies and other food industry personnel involved in functional food production or development will find it a very useful source of information History of Soy Nutritional Research (1990-2021) William Shurtleff; Akiko Aoyagi, 2021 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 30 photographs and illustrations mostly color Free of charge in digital PDF format

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Soybeans As A Functional Food Introduction

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