

FUNCTIONAL FOODS AND CARDIOVASCULAR DISEASE%0A

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When eaten in adequate amounts on a consistent basis, these foods may aid in decreasing the risk of cardiovascular disease by several potential mechanisms: lowering blood lipid levels, improving arterial compliance, reducing low-density lipoprotein oxidation, decreasing plaque formation, scavenging free radicals, and inhibiting platelet aggregation.

[Functional Foods to Reduce Cardiovascular Disease Risk](#)

[Functional Foods to Reduce Cardiovascular Disease Risk](#)
By Megan Tempest, RD
Most people eat functional foods every day, such as when they sprinkle iodized salt on a hot

[Functional Foods and Cardiovascular Disease - CRC Press Book](#)

Nutritionists, food scientists, and those working in the health industry will find that this book enhances their understanding of the potential role of functional foods in combating cardiovascular disease before more aggressive treatment is needed.

[Functional Foods as Modifiers of Cardiovascular Disease](#)

A diet rich in foods common to the Mediterranean region prior to the 1960's has been termed the Mediterranean diet . This diet is high in fruits, vegetables, cereals, beans, nuts and seeds, and olive oil; red meat is rarely eaten, and dairy products, fish and poultry are consumed in low to moderate amounts; and, wine is consumed in moderation.

[Functional Foods, Cardiovascular Disease and Diabetes ...](#)

[Part 4 Starch and other functional ingredients: Starch in food, diabetes and coronary heart disease: The use of cereal beta-glucans to control diabetes and cardiovascular disease; Grain legumes and the prevention of cardiovascular disease; Food fermentation by lactic acid bacteria for the prevention of cardiovascular disease.](#)

[Functional Foods, Cardiovascular Disease and Diabetes ...](#)

Cardiovascular disease and Type II diabetes are a growing problem for the developed world, putting an ever greater strain on healthcare systems. Edited by a leading authority, this important collection reviews the role of functional foods in helping to prevent these chronic diseases.

[Functional foods and cardiovascular disease - Springer](#)
for 10 functional foods in CVD risk reduction: soybeans, oats, psyllium, flaxseed, garlic, tea, fish, grapes, nuts, and stanol- and sterol ester-enhanced margarine.

Functional Foods as Modifiers of Cardiovascular ...
Functional Foods as Modifiers of Cardiovascular Disease
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Journal of Functional Foods - Elsevier

The Journal of Functional Foods aims to bring together the
results of fundamental and applied research into healthy
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