

FUNCTIONAL FOODS OF THE EAST%0A

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This volume covers certain traditional Asian functional foods, their history, functionality, health benefits, physiological properties, mechanisms of anti-cancer and anti-aging action. In addition, it covers processing technology, storage, material sources, marketing, social, and economical aspects. Expanding on geographical areas covered in previous works, the authors consider foods that originate from all over upper and lower Asian as well as the Middle East.

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Foods: Whole oats, oatmeal, lowfat granola, whole-oat bread, other whole-oat products. Fatty fish. Functional Components: Omega-3 fatty acids (DHA and EPA). What they do: Reduce triglycerides, reduce coronary heart disease. Foods: Salmon, Tuna, Striped Bass, Halibut, Sardines, Trout, Flounder. Fortified margarines.

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These foods, also known as functional foods, are thought to provide benefits beyond basic nutrition and may play a role in reducing or minimizing the risk of certain diseases and other health conditions.

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