Functional Foods: Sources, Health Effects and Future Perspectives

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Book Description:
Food has significant societal, historical and religious roles, in addition to nutritional value. It represents cultures and customs, provides opportunities for sharing, giving and social interaction and offers nutrition, pleasure and satisfaction. Technically, all foods are functional, as they fulfill a basic human need and provide nutritive value. However, the term ‘functional food’ implies an additional physiological benefit beyond meeting basic nutritional needs. Functional food is not only a dietary product providing basic nutritional function of supplying nutrients but it is also known as a health-promoting and/or disease-preventing substance. Functional food has been recognised as a separate category in the food market and it is one of the world’s most intensive areas of food product innovation. This book discusses the sources, health effects and future perspectives of functional foods. (Imprint: Nova)

Table of Contents:
Preface

Chapter 1
Use of Edible Films and Coatings for Functional Foods Developments: A Review
(Mercedes A. Peltzer, Andres G. Salvay, Juan F. Delgado, and Jorge R. Wagner, Department of Science and Technology, National University of Quilmes, Bernal, Buenos Aires, Argentina, and others)
Chapter 2
Double Emulsions: Potential Applications for the Elaboration of Functional Foods
(Andrés L. Márquez, María P. Pérez and Jorge R. Wagner, Laboratorio de Investigación en Funcionalidad y Tecnología de Alimentos (LIFTA), Departamento de Ciencia y Tecnología, Universidad Nacional de Quilmes, Bernal, Provincia de Buenos Aires, Argentina, and others)

Chapter 3
Functional Bread: Development of Sourdough Starters to Improve Bread Quality
(Rositsa Denkova, Georgi Kostov and Zapryana Denkova, Department of Biochemistry and Molecular Biology, University of Food Technologies, Plovdiv, Bulgaria, and others)

Chapter 4
Bioactive Compounds to Fortify Children's Chocolate Milk: Health Improvements and Future Perspectives
(Marina Marsanascoa, Nadia S. Chiaramonia and Silvja del V. Alonsoa, Laboratorio de Biomembranas, Grupo de Biología Estructural y Biotecnología (GBEyB), IMBICE-CONICET, Universidad Nacional de Quilmes, Bernal, Buenos Aires, Argentina)

Chapter 5
Probiotics, Prebiotics and Synbiotics
(Raquel de Pinho Ferreira Guiné and Ana Cristina Ferrão Silva, CI&DETS Research Centre and Department of Food Industry, Polytechnic Institute of Viseu, ESAV, Quinta da Alagoa, Viseu, Portugal, and others)

Chapter 6
Probiotic Yogurt as a Functional Food
(Amal Bakr Shori, King Abdulaziz University, Faculty of Science, Department of Biological Sciences, Jeddah, Saudi Arabia)

Chapter 7
Enhancing Yogurt Health Benefits: Development of Starters for Dairy and Non-Dairy Yogurt
(Rositsa Denkova, Bogdan Goranov, Zapryana Denkova, Desislava Teneva, and Georgi Kostov, Department of Biochemistry and Molecular Biology, University of Food Technologies, Plovdiv, Bulgaria, and others)

Chapter 8
The Convergence and Divergence of Cultural Values in Functional Food Consumption: The Experiences of the Malaysian Marketplace