

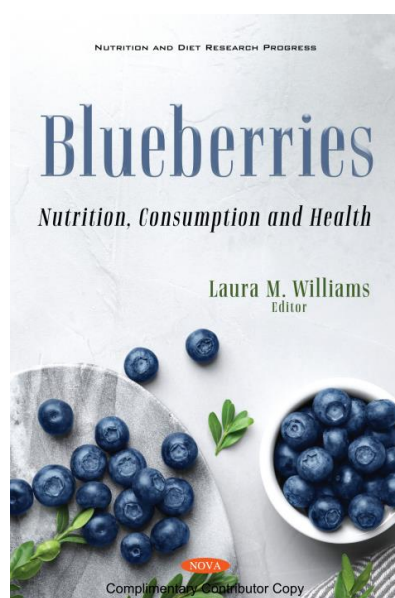
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# Blueberries: Nutrition, Consumption and Health



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Laura M. Williams (Editor)

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This book comprises four chapters about the various properties of blueberries. Chapter One assesses the impact of various processing methods on the quantity and profile of anthocyanins, which are the most abundant flavonoids in blueberries. Chapter Two describes how dehydration impacts the bioactive compounds and nutritional value of blueberries. Chapter Three explains the health benefits of consuming foods rich in flavonoids, like blueberries, such as a reduction in heart attack incidence, blood pressure and arterial stiffness. Chapter Four discusses the effects of the different processing operations that blueberries are subjected to by comparing the properties of processed blueberries and fresh blueberries.

## Details

### Preface

#### Chapter 1. Effect of Processing on the Bioactivity of Blueberries Anthocyanins

(Giorgiana M. Cătunescu, Ioana M. Bodea, Carmen R. Pop, Ruth Hornedo-Ortega, M. Carmen Garcia-Parrilla, Ana M. Troncoso, Ana B. Cerezo and Ancuța M. Rotar – Department of Technical and Soil Sciences, Faculty of Agriculture, University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca, Romania, et al.)

#### Chapter 2. Dehydration of Blueberries: Changes in Bioactive Compounds and Nutritional Value

(Juan Martín-Gómez, Julieta Mérida and María P. Serratos – Departamento de Química Agrícola, Edafología y Microbiología, Universidad de Córdoba, Córdoba, Spain)

#### Chapter 3. Blueberry Anthocyanins: Profile, Metabolism, and Biological Activity

(Ruth Hornedo-Ortega, Giogiana M. Cătunescu, M. Carmen Garcia-Parrilla, Ana M. Troncoso and Ana B. Cerezo – Departamento de Nutrición y Bromatología, Toxicología y Medicina Legal, Facultad de Farmacia, Universidad de Sevilla, Spain et al.)

#### Chapter 4. Effect of Processing Operations on the Properties of Blueberries

(Raquel Guiné, Paula Correia, Sofia Guiné Florença and Maria João Barroca – CERNAS Research Centre, Polytechnic Institute of Viseu, Viseu, Portugal, et al.)

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