



Food Processing: Advances in Research and Applications

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This volume includes seven chapters, each of which detail recent advances in research and applications of food processing. Chapter One describes symbiotic foods and their effects on consumer health, mainly on obesity and gastrointestinal diseases, covering their mechanisms of action, types, application, and legislation, as well as the impact that probiotics and prebiotics have on diseases. Chapter Two analyzes current data on different polyphenol nanoformulations as alternative chemotherapeutic and chemopreventive treatments of cancer. Chapter Three identifies the phytochemicals present in purslane, its health benefits, and its applications in the food industry. Chapter Four explores the potential of amaranthus spp. as a high nutritional value food alternative. Chapter Five describes the fundamentals of refrigeration, its types, recent developments and multi-dimensional applications in food industries. Chapter Six synthesizes some fundamental aspects of the relationship between bee pollen's constituents and its bioactivity, in light of recent publications which reveal its potential as a healthy product. Finally, Chapter Seven explores the potential of aguamiel as a healthy option in the food industry.

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