



# Functional Foods, Nutraceuticals and Natural Products

*Edited by: Dhiraj A. Vattem, Ph.D. and Vatsala Maitin, Ph.D.*

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# Functional Foods, Nutraceuticals and Natural Products

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**Functional Foods, Nutraceuticals and Natural Products** Edited by: Dhiraj A. Vattem, Ph.D. and Vatsala Maitin, Ph.D.

Bioactive ingredients in foods and their pharmacological and health effects. Functional foods and bioactives of microbial, plant and animal origin, including probiotics, herbs, spices, vegetables, specialty fruits, seafood and milk components. Impact on the microbiome, emerging metabolic pathways and prevention of chronic and infectious diseases. Techniques for functional food development and evaluation. Regulatory and safety considerations.

This volume presents basic and advanced technical information on the sources, mechanisms and safety of food bioactives in the etiology and prevention of chronic and infectious diseases. In this context, it offers details useful not only for understanding but also improving the functionality of foods. It reviews advances in multiple phytochemicals and food ingredients known for positive effects on human physiology, including interactions with the human microbiome. Metabolomic and proteomic techniques are explored as ways of improving the understanding of mechanisms of action, and increasing the therapeutic effectiveness of selected food ingredients. Special attention is given to chemistry, molecular structure and pharmacological effects of bioactive ingredients. Bioactives from a wide range of foods are investigated, including pro- and prebiotics, fungi, yeasts, herbs, spices, fruits, vegetables, seafood and many more. The text provides systematic information needed to develop and validate commercial products incorporating functional ingredients.



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