

Handbook Of Antioxidants For Food Preservation Woodhead Publishing Series In Food Science Technology And Nutrition

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~~18Handbook of Antioxidants for Food Preservationare ?-carotene, ?-carotene, ?-cryptoxanthin, lycopene, lutein, and zeaxanthin (Epler, Zeigler, & Craft, 1993; Khachik, Spangler, & Smith, 1997); understandably, these are the most investigated carotenoids in terms of human health.~~

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12 Healthy Foods High in Antioxidants 1. Dark Chocolate. Lucky for chocolate lovers, dark chocolate is nutritious. It has more cocoa than regular chocolate,... 2. Pecans. Pecans are a type of nut native to Mexico and South America. They are a good source of healthy fats and... 3. Blueberries. ...

~~12 Healthy Foods High in Antioxidants~~

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F. Shahidi, in Handbook of Antioxidants for Food Preservation, 2015. Abstract. Antioxidants are used in food to protect it from deleterious effects of oxidation and are also employed as dietary supplements to neutralize the adverse effects of oxidative stress. Many of the natural antioxidants of interest are of plant origin and belong to the phenolic and polyphenolic class of compounds as well as carotenoids and antioxidant vitamins, among others.

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the food industry that can extend shelf life; minimize risk; is environment friendly; or can improve functional, sensory, and nutritional properties. The large and ever-increasing number of food products and new preservation techniques available today creates a great demand for an up-to-date handbook of food preservation methods.

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This book provides an overview of the food antioxidants currently available and their applications in different food products. Part one provides background information on a comprehensive list of the main natural and synthetic antioxidants used in food.

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