



## Handbook of Fermented Functional Foods, Second Edition (Functional Foods and Nutraceuticals)

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### Handbook of Fermented Functional Foods, Second Edition (Functional Foods and Nutraceuticals) From CRC Press

For centuries, people around the world have used fermentation to preserve and enhance the flavor of a wide variety of foods. Today, complex interactions of microbiota in the digestive tract are found to influence proper digestion, metabolism, and disease resistance. With greater emphasis on natural products and the role of food in health and wellbeing, food manufacturers are once again turning to fermentation not just for extending shelf life, but to create functional food products that take an active part in maintaining overall health.

Featuring five new chapters and updating all data to reflect the latest research findings, **Handbook of Fermented Functional Foods, Second Edition** examines the health benefits of fermented foods as well as the processes and production techniques involved in manufacturing fermented food products. Maintaining the highest quality information and the easily accessible format of its predecessor, this edition includes new chapters on olives, tempeh, and the traditional fermented foods of China, Thailand, and India. It looks at the history of fermented foods and reveals the specific benefits of fermented milk, Kefir, yogurt, and cheese. Contributions cover fermented soy products, including Natto and Miso, as well as the fermentation of other vegetables such as Korean Kimchi and Doenjang and German sauerkraut. The book also explains the bioactivity and bioavailability of microorganisms and investigates the more recent practice of producing probiotic cultures to add to fermented foods for increased health benefit.

Presenting new findings and interpretations that point even more clearly to the important role fermented foods play in our diet and overall health, this second edition demonstrates the current knowledge of fermented food production and reflects the growing credibility of probiotics in health maintenance.

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### **From CRC Press Bibliography**

- Sales Rank: #691699 in Books
- Published on: 2008-05-28
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.50" w x 1.50" l, 2.10 pounds
- Binding: Hardcover
- 600 pages

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#### **Review**

The authors describe, summarize, and assess the scientific research available for each food and make conclusions as to whether or not health benefit claims are valid. ... Given the attention that is being paid today to the study of 'food as medicine,' this book ... would be an indispensable addition to the collections of food and nutrition professionals and researchers in industry, government, and universities.

- Journal of Agricultural & Food Information, Vol. 5, No. 2, 2003

...[provides] the reader with information on the latest scientific research on the health-promoting properties of these products. ... I highly recommend [this book] to anyone (i.e. students, scientist and manufacturers) involved in this field because of the wealth of information provided.

- International Journal of Dairy Technology

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