

Exploring the Nutrition and Health Benefits of Functional Foods

Part of the Advances in Environmental Engineering and Green Technologies Book Series

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Description:

Health and nutrition have become global focal points as the population continues to grow exponentially. While providing food for the global population is crucial, it is also necessary to provide options that are nutritious in order to promote healthier lifestyles around the world.

Exploring the Nutrition and Health Benefits of Functional Foods provides a comprehensive overview of how dietary nutrition can impact people's lives, prevent disease, and maintain an overall healthier lifestyle. Highlights theoretical and practical attributes of different functional foods and how they are utilized globally.

Readers:

This book is an essential reference for researchers, academics, students, policy makers, government officials, and technology developers.

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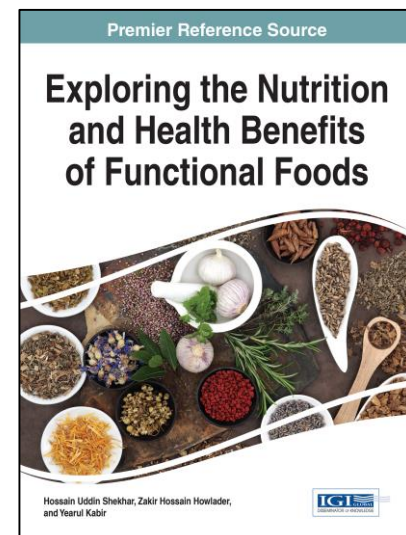
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