

Handbook Of Dietary Fiber An Applied Approach

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CRC Handbook of Dietary Fiber in Human Nutrition: Spiller ...

Physicochemical Properties of Dietary Fiber: Overview 14. Adsorption of Carcinogens by Dietary Fiber 15. Dietary Fiber and Mineral Interaction 16. The Influence of Wheat Fiber and Bran on Mineral Nutriture 17. Nondigestible Oligosaccharides and Mineral Absorption 18. Enzymatic Modification of Dietary Fiber Sources Chemistry and Analysis 19. Chemistry, Architecture, and Composition of Dietary Fiber from Plant Cell Walls 20. Chemistry

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CRC Handbook of Dietary Fiber in Human Nutrition, 2nd Edition is an excellent reference for all researchers, physicians, nutritionists, food manufacturers, and other health professionals studying the effects of fiber in the diet or using high fiber foods

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The Handbook of Dietary Fiber includes extensive information on the chemistry and health effects of food constituents such as oligosaccharides, resistant starches, and polyphenols, whereas Spiller's book is largely devoted to describing the effects of dietary fiber on human health and disease. Thus, these 2 books are substantially different even though their titles are similar.

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This book explores the effect of fiber on chronic disease, cardiovascular health, cancer, and diabetes. It also examines food applications and the efficacy and safety of psyllium, sugar beet fiber and pectin.

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"covers all aspects of dietary fiber in such a comprehensive way that it is an essential reference book for everyone interested in the role of nutrition in disease prevention, not only those in fiber Authors from many countries make this a unique contribution to a field that has seen both good and poor research in recent years.

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