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This book is a great introduction to functional food science. It first builds a solid foundation to work from by providing and explaining the definition of 'Functional Foods'. It then also importantly includes a lot of information on bioactive compounds, which are essential in determining what is actually a functional food.

Chapter 1 presents an introduction and definition of functional food and describes the categories of healthy and medical foods. It also reviews similarities and differences between these cate-

gories. Furthermore, it discusses biomarkers for functional foods and bioactive compounds, which always exist in functional foods.

According to the International Life Science Institute, a food can be described as functional when it has proved beneficial effects for the human health, beyond the normal nutritional effects. A functional food can improve the health and well-being of the consumer by reducing the risk of disease if it is consumed in usual amounts as part of a normal diet.

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In the newest edition of our textbook, Introduction to Functional Food Science, we strive to educate research professionals, students, and the public through descriptions of functional food components, health benefits, chronic diseases, global markets, and sensory evaluation. In addition to these main sections, we

discuss sub-topics including: modern scientific technology, the relationship between functional food science and medicine, and finally, how food claims are regulated across the world.

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Functional Foods - Introduction to Food Science

Introduction to Functional Food Science wholesome, soothing, invigorating and nourishing. It helps in growth of tissues, promotes strength and healthy skin. It alleviates thirst, burning sensation, pain and is antipoisonous. It is pertinent to note the scientific reports on the analgesic effects of sweet substances in

relieving pain [35].

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In the previous steps you have learnt what functional foods are and how they are related to our health. In this article, we show you two examples of functional foods that you can easily find in the supermarket to understand what these products are and why they are called functional foods. Vegetable Fat Spread with Added Plant Sterols.

Examples of Functional Foods - Introduction to Food Science

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Factors such as raised consciousness about human health, development of the food industry, and medicine and branches of natural science studying the relation between nutrition and health ...

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