

# FIBER INGREDIENTS

*Food Applications  
and Health Benefits*

EDITED BY  
SUSAN SUNGDOO CHO AND PRISCILLA SAMUEL



CRC Press  
Taylor & Francis Group

# Fiber Ingredients Food Applications And Health Benefits

**Rodney A. Samaan**



## **Fiber Ingredients Food Applications And Health Benefits:**

*Fiber Ingredients* Susan Sungsoo Cho, Priscilla Samuel, 2009-06-18 This book summarizes available fiber sources and how they can be incorporated into new food products to provide improved health benefits It rigorously examines health claims recent research and contradictory data covers fiber for weight and glycemic control and intestinal regularity and discusses how food producers can find fiber sources and Polymers for Food Applications Tomy J. Gutiérrez, 2018-08-09 This book presents an exhaustive review on the use of polymers for food applications Polymer based systems for food applications such as films foams nano and micro encapsulated emulsions hydrogels prebiotics 3D food printing edible polymers for the development of foods for people with special feeding regimes sensors among others have been analyzed in this work

Dietary Fiber and Health Susan Cho, Nelson Almeida, 2012-05-29 Adequate fiber in the diet is essential for maintaining gastrointestinal and cardiovascular health and for weight management and glycemic control But a majority of people in developed countries fall short of their recommended daily intake Designed for product developers nutritionists dietitians and regulatory agencies Dietary Fiber and Health **Food Supplements and Dietary Fiber in Health and Disease** Bhushan R. Rane, Raj K. Keservani, Durgesh Singh, Nayan A. Gujarathi, Ashish S. Jain, 2023-12-01 Here is an in depth and informative introduction to dietary fibers and food supplements elaborating on their uses and benefits in the prevention and treatment of such health issues and diseases as diabetes obesity coronary heart disease colorectal and other types of cancer and gut health The book also discusses the formulation based approaches for the delivery of food supplements and dietary fibers as well as the use of botanicals in dietary supplements and fibers The chapter on regulatory guidance of food supplement and dietary fiber discusses the current statutes and regulations addressing dietary ingredients manufacturing standards safety labelling and claims The book explains how dietary fibers and food supplements work to maintain gut health addressing such issues as constipation loose stools inflammatory bowel diseases hiatal hernias gastroesophageal reflux disease Barrett s esophagus diverticular disease hemorrhoids peptic ulcers gastritis celiac disease gallstones and colon cancer Dietary fibre: new frontiers for food and health J.W. van der Kamp, J.M. Jones, B.V. McCleary, D.L. Topping, 2023-09-04 Dietary fibre research is rapidly evolving and is stimulated by the growing attention for intestinal health which is needed for combating major disorders such as diabetes cardio vascular diseases and obesity Current research also explores relationships between fibres the immune system and stress The recently agreed EU and CODEX definitions for dietary fibre including all polymeric carbohydrates not digested in the small intestine provide both clarity and new challenges regarding adequate analysis and concerning the requirements for added fibre Added fibre should have a physical effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities Novel research tools from genomics toolboxes and advanced systems simulating the gastro intestinal tract are enabling researchers to obtain insights in the wide range of structure function relationships of different types of dietary fibre These include the impact of dietary fibre on the gut

microbiota and relationships between prebiotics and peptides involved in regulation of satiety and other functions New technologies steadily increase the range of fibres with and without anti oxidants and other beneficial co passengers which are available to food processors Dietary fibre new frontiers for food and health covers the most up to date research available on dietary fibre and will be an indispensable tool for all scientists and technologists involved in research and development in this field

**Functionalizing Carbohydrates for Food Applications** Milda E. Embuscado,2014-01-03 How to modify and produce customized carbohydrates for foods Applications to flavor and nutrient delivery texturizing and food quality improvement Details on designing and manufacturing carbohydrate delivery systems This book written by leading food chemists systematically explains the chemistry and engineering of new starch based polymers and carbohydrates and shows how they are used to improve food texture and also to function as carriers for flavors and bioactive compounds The book contains original investigations of strategies to modify food carbohydrates for refining product formulations and improving processing Also included are detailed treatments of how such delivery systems are manufactured and tested Key words gums encapsulation celluloses starches polysaccharide rheology emulsion technology bioactive flavor delivery systems

**Food Texture Design and Optimization** Yadunandan Lal Dar,Joseph M. Light,2014-04-07 Food texture has evolved to be at the forefront of food formulation and development Food Texture Design and Optimization presents the latest insights in food texture derived from advances in formulation science as well as sensory and instrumental measurement This unique volume provides practical insights for professionals who are starting in the field as well as experts looking to enhance their knowledge or expand into new areas The first part of this book presents case studies on formulating products in a broad variety of application segments such as cheese ice cream baked goods gluten free products low fat non fat dairy products and more Challenges related to maintaining texture while optimizing nutritional content cost flavor and other attributes of the food product are investigated The book also highlights the importance of texture design and optimization in several types of food products and demonstrates how experts have applied this knowledge in the industry Part two provides an overview of the latest advances in tools and techniques for food texture design and optimization focusing on the use of instrumental techniques the application of sensory techniques and the use of marketing and consumer insight tools in the design and optimization of food products The ability to use advanced characterization techniques in this field is critical for both new and established practitioners in tackling the problems they face Food Texture Design and Optimization serves as an important reference for technical practitioners on how to adopt advanced techniques in food texture research This information is invaluable in reviewing establish the state of the art in this field and providing a minimum recommended standard for food formulators

Fennema's Food Chemistry Srinivasan Damodaran,Kirk L. Parkin,2017-05-25 This latest edition of the most internationally respected reference in food chemistry for more than 30 years Fennema s Food Chemistry 5th Edition once again meets and surpasses the standards of quality and comprehensive information set by its predecessors All chapters

reflect recent scientific advances and where appropriate have expanded and evolved their focus to provide readers with the current state of the science of chemistry for the food industry This edition introduces new editors and contributors who are recognized experts in their fields The fifth edition presents a completely rewritten chapter on Water and Ice written in an easy to understand manner suitable for professionals as well as undergraduates In addition ten former chapters have been completely revised and updated two of which receive extensive attention in the new edition including Carbohydrates Chapter 3 which has been expanded to include a section on Maillard reaction and Dispersed Systems Basic considerations Chapter 7 which includes thermodynamic incompatibility phase separation concepts Retaining the straightforward organization and accessibility of the original this edition begins with an examination of major food components such as water carbohydrates lipids proteins and enzymes The second section looks at minor food components including vitamins and minerals colorants flavors and additives The final section considers food systems by reviewing basic considerations as well as specific information on the characteristics of milk the postmortem physiology of edible muscle and postharvest physiology of plant tissues

**State-of-the-Art Technologies in Food Science** Murlidhar Meghwal, Megh R. Goyal, 2018-08-14 There has been a growing interest in the health benefits derived from fruits and vegetables and the food products based on them Many foods contain various phytochemicals flavonoids fibers macronutrients and micronutrients minerals etc that are good for health and essential for keeping good health This volume provides a global perspective of the current state of food and health research innovation and emerging trends It focuses on topics of food for better health including functional foods and nutraceutical foods The book is divided into several sections covering Foods for Human Health Promotion and Prevention of Diseases which include fruits vegetables and grains their peels and fiber for better human health health prospects of bioactive peptides derived from seed storage proteins mushrooms as a novel source of antihyperlipidemic agents and emerging foodborne illnesses and their prevention Specific Fruits Spices and Dairy Based Functional Foods for Human Health which looks at the functional medicinal values of fenugreek fruits as functional foods and functional fermented dairy products Issues Challenges and Specialty Topics in Food Science which focuses mainly on the stability issues of whole wheat flour physicochemical properties and quality of food lipids methods for food analysis and quality control and interventions of ohmic heating technology in foods The volume will be of interest to health practitioners food specialists nutrition producers and suppliers practicing food process engineers food technologists researchers food industry professionals and faculty and upper level students in food science

**Fibre-Rich and Wholegrain Foods** Jan A Delcour, Kaisa Poutanen, 2013-03-26 Consumers are increasingly seeking foods that are rich in dietary fibre and wholegrains but are often unwilling to compromise on sensory quality Fibre rich and wholegrain food reviews key research and best industry practice in the development of fibre enriched and wholegrain products that efficiently meet customer requirements Part one introduces the key issues surrounding the analysis definition regulation and health claims associated with dietary fibre and wholegrain

foods The links between wholegrain foods and health the range of fibre dietary ingredients and a comparison of their technical functionality are discussed as are consumption and consumer challenges of wholegrain foods Part two goes on to explore dietary fibre sources including wheat and non wheat cereal dietary fibre ingredients vegetable fruit and potato fibres Improving the quality of fibre rich and wholegrain foods including such cereal products as wholegrain bread muffins pasta and noodles is the focus of part three Fibre in extruded products is also investigated before part four reviews quality improvement of fibre enriched dairy products meat products seafood beverages and snack foods Companion animal nutrition as affected by dietary fibre inclusion is discussed before the book concludes with a consideration of soluble and insoluble fibre in infant nutrition With its distinguished editors and international team of expert contributors Fibre rich and wholegrain foods provides a comprehensive guide to the field for researchers working in both the food industry and academia as well as all those involved in the development production and use of fibre enriched and wholegrain foods Reviews key research and best industry practice in the development of fibre enriched and wholegrain products Considers analysis definition regulation and health claims associated with dietary fibre and wholegrain foods Explores sources of dietary fibre including wheat and non wheat cereal vegetable fruit and potato fibres

**Superfood and Functional Food** Viduranga Waisundara, Naofumi Shiomi, 2017-03-01 This book focuses on the usage and application of plant and animal based food products with significant functional properties and health benefits as well as their development into processed food Many chapters in this book contain overviews on superfood and functional food from South America Details on the functional properties of apiculture products are also included herein Additionally an area that is not widely discussed in academia pet food with functional properties is also covered It is hoped that this book will serve as a source of knowledge and information to make better choices in food consumption and alterations to dietary patterns It is also recommended for readers to take a look at a related book Superfood and Functional Food The Development of Superfoods and Their Roles as Medicine

**Food Processing By-Products and their Utilization** Anil Kumar Anal, 2017-10-23 Food Processing By Products and their Utilization An in depth look at the economic and environmental benefits that food companies can achieve and the challenges and opportunities they may face by utilizing food processing by products Food Processing By Products and their Utilization is the first book dedicated to food processing by products and their utilization in a broad spectrum It provides a comprehensive overview on food processing by products and their utilization as source of novel functional ingredients It discusses food groups including cereals pulses fruits vegetables meat dairy marine sugarcane winery and plantation by products addresses processing challenges relevant to food by products and delivers insight into the current state of art and emerging technologies to extract valuable phytochemicals from food processing by products Food Processing By Products and their Utilization offers in depth chapter coverage of fruit processing by products the application of food by products in medical and pharmaceutical industries prebiotics and dietary fibers from food processing by products bioactive compounds and their health effects from honey processing industries

advances in milk fractionation for value addition seafood by products in applications of biomedicine and cosmetics food industry by products as nutrient replacements in aquaculture diets and agricultural crops regulatory and legislative issues for food waste utilization and much more The first reference text to bring together essential information on the processing technology and incorporation of by products into various food applications Concentrates on the challenges and opportunities for utilizing by products including many novel and potential uses for the by products and waste materials generated by food processing Focuses on the nutritional composition and biochemistry of by products which are key to establishing their functional health benefits as foods Part of the IFST Advances in Food Science series co published with the Institute of Food Science and Technology UK This book serves as a comprehensive reference for students educators researchers food processors and industry personnel looking for up to date insight into the field Additionally the covered range of techniques for by product utilization will provide engineers and scientists working in the food industry with a valuable resource for their work

*Dietary Fiber for the Prevention of Cardiovascular Disease* Rodney A. Saman, 2017-07-07 Dietary Fiber for the Prevention of Cardiovascular Disease Fiber's Interaction between Gut Microflora Sugar Metabolism Weight Control and Cardiovascular Health compiles the most up to date research discoveries to provide a timely and scientific rationale for the significant impact of a fiber rich diet for the prevention of heart disease By focusing on the science behind how fiber both soluble and insoluble can lead to lower rates of heart disease this important reference will educate researchers cardiologists medical providers and students on how to improve patients hearts via a fiber rich diet Coverage includes the known mechanisms of how fiber works to reduce insulin resistance control weight reduce cholesterol by binding with bile maintain stable glucose levels and influence gut microflora Explains how fiber affects cardiovascular disease through the influence on insulin resistance reduction of cholesterol change in gut microflora and in weight control Provides thorough coverage of the effect of fiber on arrhythmias and valvular abnormalities Includes information on the indirect relationship between constipation and heart disease

*Handbook of Prebiotics and Probiotics Ingredients* Susan Sungsoo Cho, Terry Finocchiaro, 2009-11-19 While there is little dispute that probiotics and prebiotics alone and together have been proven to promote gastrointestinal health and proper immune function the challenge faced by researchers is finding not only the right combinations but also finding those that are fully compatible with the formulation processing packaging and distribution of functional foods This volume comprehensively explores these variables and highlights the most current biological research and applications It examines the sources of prebiotics and probiotics describes the physiological functions of both products and discusses promising applications for a plethora of disorders

**Carbohydrate Chemistry for Food Scientists** James N. BeMiller, 2018-10-01 Carbohydrate Chemistry for Food Scientists Third Edition is a complete update of the critically acclaimed authoritative carbohydrate reference for food scientists The new edition is fully revised expanded and redesigned as an easy to read resource for students and professionals who need to understand this specialized area The new edition

provides practical information on the specific uses of carbohydrates the functionalities delivered by specific carbohydrates and the process for choosing carbohydrate ingredients for specific product applications Readers will learn basic and specific applications of food carbohydrate organic and physical chemistry through clearly explained presentations of mono oligo and polysaccharides and their chemistry This new edition includes expanded sections on Maillard browning reaction dietary fiber fat mimetics and polyols in addition to discussions of physical properties imparted functionalities and actual applications Carbohydrate Chemistry for Food Scientists serves as an invaluable resource on the chemistry of food carbohydrates for advanced undergraduate and graduate students and a concise user friendly applied reference book for food science professionals Identifies structures and chemistry of all food carbohydrates monosaccharides oligosaccharides and polysaccharides Covers the behavior and functionality of carbohydrates within foods Extensive coverage of the structures modifications and properties of starches and individual hydrocolloids      *Handbook of Dietary Fiber* Susan Sungsoo Cho, 2001-08-17 Presents the latest research on the analysis metabolism function and physicochemical properties of fiber fiber concentrates and bioactive isolates exploring the effect of fiber on chronic disease cardiovascular health cancer and diabetes Examines food applications and the efficacy and safety of psyllium sugar beet fiber pectin alginate gum arabic and rice bran      *Encyclopedia of Food Chemistry*, 2018-11-22 Encyclopedia of Food Chemistry Three Volume Set is the ideal primer for food scientists researchers students and young professionals who want to acquaint themselves with food chemistry Well organized clearly written and abundantly referenced the book provides a foundation for readers to understand the principles concepts and techniques used in food chemistry applications Articles are written by international experts and cover a wide range of topics including food chemistry food components and their interactions properties flavor aroma texture the structure of food functional foods processing storage nanoparticles for food use antioxidants the Maillard and Strecker reactions process derived contaminants and the detection of economically motivated food adulteration The encyclopedia will provide readers with an introduction to specific topics within the wider context of food chemistry as well as helping them identify the links between the various sub topics Offers readers a comprehensive understanding of food chemistry and the various connections between the sub topics Provides an authoritative introduction for non specialists and readers from undergraduate levels and upwards Meticulously organized with articles structured logically based on the various elements of food chemistry      *Probiotic and Prebiotics in Foods: Challenges, Innovations and Advances*, 2020-09-04 The Advances in Food and Nutrition Research series highlights new advances in the field with this new volume presenting interesting chapters Each chapter is written by an international board of authors Provides the authority and expertise of leading contributors from an international board of authors Presents the latest release in the Advances in Food and Nutrition Research series Updated release includes the latest information on the Probiotic and Prebiotics in Foods challenges innovations and advances      *Utilisation of Bioactive Compounds from Agricultural and Food Production Waste* Quan V.



Vuong,2017-09-07 The large quantity of waste generated from agricultural and food production remains a great challenge and an opportunity for the food industry As there are numerous risks associated with waste for humans animals and the environment billions of dollars are spent on the treatment of agricultural and food waste Therefore the utilisation of bioactive compounds isolated from waste not only could reduce the risks and the costs for treatment of waste but also could potentially add more value for agricultural and food production This book provides comprehensive information related to extraction and isolation of bioactive compounds from agricultural and food production waste for utilisation in the food cosmetic and pharmaceutical industries The topics range from an overview on challenges and opportunities related to agricultural and food waste the bioactive compounds in the waste the techniques used to analyse extract and isolate these compounds to several specific examples for potential utilisation of waste from agricultural and food industry This book also further discusses the potential of bioactives isolated from agricultural and food waste being re utilised in the food cosmetic and pharmaceutical industries It is intended for students academics researchers and professionals who are interested in or associated with agricultural and food waste     What's in Your Blood and Why You Should Care Earl Mindell, RPh, MH, PhD, Gene Bruno,2019-02-11

Like most people you probably get a blood test and keep your fingers crossed until the results come back But while these tests focus on key components of your blood they provide only a limited view of what s going on in your body Blood tests don t tell you about heavy metals or unwanted pathogens that maybe coursing through your body They don t tell you how strong your immune system is or whether your cells are getting the nutrients they need Only when something goes very wrong and has possibly been going wrong for years do your blood tests indicate a problem What s in Your Blood and Why You Should Care is the first book to provide a complete picture of the components that make up your blood how your blood functions and what you can do to improve the quality of your blood for greater health and longevity Consider this analogy Your arteries veins and capillaries are underground tunnels Your blood is a long train that runs through thousands of these tunnels Every second thousands of passengers climb aboard the train and thousands get off at their designated stops This train has one specific purpose To sustain a single life yours What happens if the train slows down or speeds up What happens if some passengers are dangerous characters who rob or kill other riders What happens if some passengers miss their stops When this occurs you get sick or worse By understanding what is truly going on in your body you will know how you can keep the train working properly and maintain the safety of its most important passengers Written in easy to understand language What s in Your Blood and Why You Should Care tells you everything you need to know about your blood and instructs you in proven methods of cleansing and detoxifying your bloodstream From diets to supplements to medical treatments it s all there in this groundbreaking book

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## **Table of Contents Fiber Ingredients Food Applications And Health Benefits**

1. Understanding the eBook Fiber Ingredients Food Applications And Health Benefits
  - The Rise of Digital Reading Fiber Ingredients Food Applications And Health Benefits
  - Advantages of eBooks Over Traditional Books
2. Identifying Fiber Ingredients Food Applications And Health Benefits
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Fiber Ingredients Food Applications And Health Benefits
  - User-Friendly Interface
4. Exploring eBook Recommendations from Fiber Ingredients Food Applications And Health Benefits
  - Personalized Recommendations
  - Fiber Ingredients Food Applications And Health Benefits User Reviews and Ratings
  - Fiber Ingredients Food Applications And Health Benefits and Bestseller Lists
5. Accessing Fiber Ingredients Food Applications And Health Benefits Free and Paid eBooks
  - Fiber Ingredients Food Applications And Health Benefits Public Domain eBooks
  - Fiber Ingredients Food Applications And Health Benefits eBook Subscription Services
  - Fiber Ingredients Food Applications And Health Benefits Budget-Friendly Options
6. Navigating Fiber Ingredients Food Applications And Health Benefits eBook Formats

- ePub, PDF, MOBI, and More
- Fiber Ingredients Food Applications And Health Benefits Compatibility with Devices
- Fiber Ingredients Food Applications And Health Benefits Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Fiber Ingredients Food Applications And Health Benefits
  - Highlighting and Note-Taking Fiber Ingredients Food Applications And Health Benefits
  - Interactive Elements Fiber Ingredients Food Applications And Health Benefits
- 8. Staying Engaged with Fiber Ingredients Food Applications And Health Benefits
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Fiber Ingredients Food Applications And Health Benefits
- 9. Balancing eBooks and Physical Books Fiber Ingredients Food Applications And Health Benefits
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Fiber Ingredients Food Applications And Health Benefits
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Fiber Ingredients Food Applications And Health Benefits
  - Setting Reading Goals Fiber Ingredients Food Applications And Health Benefits
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fiber Ingredients Food Applications And Health Benefits
  - Fact-Checking eBook Content of Fiber Ingredients Food Applications And Health Benefits
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

## **Fiber Ingredients Food Applications And Health Benefits Introduction**

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