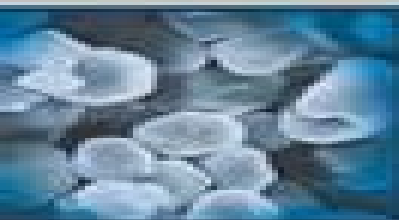


CEREALS AND PULSES

NUTRACEUTICAL PROPERTIES AND HEALTH BENEFITS

Edited by Liangli (Lucy) Yu, Rong Tsao, and Fereldoon Shahidi



Functional Food Science and Technology

Series Editor: Fereldoon Shahidi



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Cereals And Pulses Nutraceutical Properties And Health Benefits

Anthony L. Pometto III, Ali Demirci



Cereals And Pulses Nutraceutical Properties And Health Benefits:

Cereals and Pulses Liangli L. Yu,Rong Tsao,Fereidoon Shahidi,2012-01-30 Cereal and pulse crops are staple foods that provide essential nutrients to many populations of the world Traditionally whole grains were consumed but most current foods are derived from refined fractions of cereal and pulse crops Consumption of processed or refined products may reduce the health benefits of food In wheat based processed foods for example the removed 40% of the grain mainly the bran and the germ of the wheat grain contains the majority of the health beneficial components These components particularly non essential phytochemicals such as carotenoids polyphenols phytosterols stanols and dietary fibers have been shown to reduce the risk of major chronic diseases of humans such as cancer cardiovascular diseases and Parkinson s disease Such bioactives are therefore good candidates for ingredients of nutraceuticals and functional foods There are many factors that can affect the bioactive content of cereal and pulse based food ingredients including genetics growing and storage conditions post harvest treatments food formulation and processing All of these factors ultimately affect human health and wellness Bioavailability is also important for these compounds for exerting their protective roles Cereals and Pulses Nutraceutical Properties and Health Benefits provides a summary of current research findings related to phytochemical composition and properties of cereal and pulse crops The nutraceutical properties of each major cereal and pulse are discussed Coverage of cereals and pulse crops includes barley oats rice rye corn adlay wheat buckwheat psyllium sorghum millet common beans field peas faba beans chickpea lentil and soybeans Chapters for each crop discuss methods to improve crop utilization nutraceutical components and properties bioactive compositions antioxidant properties beneficial health effects disease prevention activities and areas for future research Also included are two chapters that examine the beneficial health properties of dietary fibers and antioxidants Edited and written by an international team of respected researchers this book is a reference guide for scientists working in food ingredients food product research and development functional foods and nutraceuticals crop breeding and genetics human nutrition post harvest treatment and processing of cereal grains and pulses It will enable them to effect value added food innovation for health promotion and disease risk reduction *Cereals and Pulses* Elijah Joshua,2017-06-13 Cereals and Pulses Nutraceutical Properties and Health Benefits provides a summary of current research findings related to phytochemical composition and properties of cereal and pulse crops The nutraceutical properties of each major cereal and pulse are discussed Coverage of cereals and pulse crops includes barley oats rice rye corn adlay wheat buckwheat psyllium sorghum millet common beans field peas faba beans chickpea lentil and soybeans Chapters for each crop discuss methods to improve crop utilization nutraceutical components and properties bioactive compositions antioxidant properties beneficial health effects disease prevention activities and areas for future research Handbook of Cereals, Pulses, Roots, and Tubers Sneh Punia,Anil Kumar Siroha,Manoj Kumar,2021-10-11 Cereals pulses roots and tubers are major food sources worldwide and make a substantial contribution to the intake of carbohydrates

protein and fiber as well as vitamin E and B The Handbook of Cereals Pulses Roots and Tubers Functionality Health Benefits and Applications provides information about commercial cereals pulses and their nutritional profile as well as health benefits and their food and non food applications Split into four sections this handbook covers all the recent research about the related crops and outlines matters needing further research in the field of agriculture sciences Both qualitative and quantitative analysis of nutrients and bio actives and their beneficial effects on human health are highlighted in this book The conclusions drawn and future perspectives proposed in each chapter will also help researchers to take more focused approaches FEATURES Covers the full spectrum of cereals pulses roots and tubers grain production processing and their use for foods feeds fuels and industrial materials and other uses Contains the latest information from grain science professionals and food technologists alike Provides comprehensive knowledge on the nutritional and non nutritional aspects of cereals pulses and tubers Discusses the latest development in modification of native starch Provides information in enhancing shelf life and its utilization in phytochemical rich product development The result of various well versed researchers across the globe sharing their knowledge and experience this handbook will be a valuable resource for students researchers and industrial practioners who wish to enhance their knowledge and insights on cereals pulses roots and tubers **Improving**

the nutritional and nutraceutical properties of wheat and other cereals Prof Trust Beta,2021-05-11 Provides a comprehensive coverage of recent research into the nutritional components of cereals such as wheat oats rye spelt sorghum and millet Offers key discussions on the importance and implications of cereal based products on human health e g cardiovascular cancer diabetes Builds on the foundations for the future development of nutritionally enhanced cereal products Functional Foods and Nutraceuticals Chukwuebuka Egbuna,Genevieve Dable Tupas,2020-08-24 Functional foods and nutraceuticals are food products that naturally offer or have been modified to offer additional health benefits beyond basic nutrition As such products have surged in popularity in recent years it is crucial that researchers and manufacturers understand the concepts underpinning functional foods and the opportunity they represent to improve human health reduce healthcare costs and support economic development worldwide Functional Foods and Nutraceuticals Bioactive Components Formulations and Innovations presents a guide to functional foods from experienced professionals in key institutions around the world The text provides background information on the health benefits bioavailability and safety measurements of functional foods and nutraceuticals Subsequent chapters detail the bioactive components in functional foods responsible for these health benefits as well as the different formulations of these products and recent innovations spurred by consumer demands Authors emphasize product development for increased marketability taking into account safety issues associated with functional food adulteration and solutions to be found in GMP adherence Various food preservation methods aimed at enhancing the quality and shelf life of functional food are also highlighted Functional Foods and Nutraceuticals Bioactive Components Formulations and Innovations is the first of its kind designed to be useful to

students teachers nutritionists food scientists food technologists and public health regulators alike Phenolic Antioxidants and Health Benefits U.D. Chavan, 2018-02-01 This book is mainly based on the latest research results and applications of phenolic and polyphenolic compounds Phenolic compounds ubiquitous in plants are an essential part of the human diet and are of considerable interest due to their antioxidant properties and potential beneficial health effects These compounds range structurally from a simple phenolic molecule to complex high molecular weight polymers There is increasing evidence that consumption of a variety of phenolic compounds present in foods may lower the risk of health disorders because of their antioxidant activity When added to foods antioxidants control rancidity development retard the formation of toxic oxidation products maintain nutritional quality and extend the shelf life of products Due to safety concerns and limitation on the use of synthetic antioxidants natural antioxidants obtained from edible materials edible by products and residual sources have been of increasing interest This contribution summarizes both the synthetic and natural phenolic antioxidants emphasizing their mode of action health effects degradation products and toxicology In addition sources of phenolic antioxidants are discussed in detail Sustainable Recovery and Reutilization of Cereal Processing By-Products Charis M. Galanakis, 2018-02-03 Sustainable Recovery and Reutilization of Cereal Processing By Products addresses topics associated with the sustainable management of cereal manufacturing Emphasis is placed on current advisable practices general valorization techniques of cereal processing by products and the functional properties of healthy cereal by product components that lead to target applications in foods and nutraceuticals Focus includes discussions on wheat bran distillers dried grains based within the biorefinery concept and different techniques for the separation extraction recovery and formulation of valuable compounds including proteins arabinoxylans and beta glucan Addresses topics associated with the sustainable management of cereal manufacturing Places emphasis on current advisable practices Presents general valorization techniques of cereal processing by products Highlights the functional properties of healthy cereal by product components that lead to target applications in foods and nutraceuticals *Spray Drying Techniques for Food Ingredient Encapsulation* C. Anandharamakrishnan, Padma Ishwarya S., 2015-07-23 Spray drying is a well established method for transforming liquid materials into dry powder form Widely used in the food and pharmaceutical industries this technology produces high quality powders with low moisture content resulting in a wide range of shelf stable food and other biologically significant products Encapsulation technology for bioactive compounds has gained momentum in the last few decades and a series of valuable food compounds namely flavours carotenoids and microbial cells have been successfully encapsulated using spray drying Spray Drying Technique for Food Ingredient Encapsulation provides an insight into the engineering aspects of the spray drying process in relation to the encapsulation of food ingredients choice of wall materials and an overview of the various food ingredients encapsulated using spray drying The book also throws light upon the recent advancements in the field of encapsulation by spray drying i e nanospray dryers for production of nanocapsules and computational fluid dynamics CFD modeling Addressing the basics of

the technology and its applications the book will be a reference for scientists engineers and product developers in the industry

Emulsifiers in Food Technology Viggo Norn, 2015-01-20 EMULSIFIERS IN FOOD TECHNOLOGY Emulsifiers are essential components of many industrial food recipes They have the ability to act at the interface between two phases and so can stabilize the desired mix of oil and water in a mayonnaise ice cream or salad dressing They can also stabilize gas liquid mixtures in foams More than that they are increasingly employed in textural and organoleptic modification in shelf life enhancement and as complexing or stabilizing agents for other components such as starch or protein Applications include modifying the rheology of chocolate the strengthening of dough crumb softening and the retardation of staling in bread Emulsifiers in Food Technology second edition introduces emulsifiers to those previously unfamiliar with their functions and provides a state of the art account of their chemistry manufacture application and legal status for more experienced food technologists Each chapter considers one of the main chemical groups of food emulsifiers Within each group the structures of the emulsifiers are considered together with their modes of action This is followed by a discussion of their production extraction and physical characteristics together with practical examples of their application Appendices cross reference emulsifier types with applications and give E numbers international names synonyms and references to analytical standards and methods Praise for the first edition of Emulsifiers in Food Technology Very informative provides valuable information to people involved in this field International Journal of Food Science Technology A good introduction to the potential of emulsifiers in food technology a useful reference source for scientists technologists and ingredients suppliers Chemistry World A useful guide to the complicated array of emulsifiers presently available and their main functionalities and applications International Dairy Journal

Applied Food Protein Chemistry Zeynep Ustunol, 2014-12-31 Food proteins are of great interest not only because of their nutritional importance and their functionality in foods but also for their detrimental effects Although proteins from milk meats including fish and poultry eggs cereals legumes and oilseeds have been the traditional sources of protein in the human diet potentially any proteins from a biological source could serve as a food protein The primary role of protein in the diet is to provide the building materials for the synthesis of muscle and other tissues and they play a critical role in many biological processes They are also responsible for food texture color and flavor Today food proteins are extracted modified and incorporated into processed foods to impart specific functional properties They can also have adverse effects in the diet proteins such as walnuts pecans almonds and cashews soybean wheat milk egg crustacean and fish proteins can be powerful allergens for some people Applied Food Protein Chemistry is an applied reference which reviews the properties of food proteins and provides in depth information on important plant and animal proteins consumed around the world The book is grouped into three sections 1 overview of food proteins 2 plant proteins and 3 animal proteins Each chapter discusses world production distribution utilization physicochemical properties and the functional properties of each protein as well as its food applications The authors for each of the chapters are carefully

selected experts in the field This book will be a valuable reference tool for those who work on food proteins It will also be an important text on applied food protein chemistry for upper level students and graduate students of food science programs

Global Food Security and Supply Wayne Martindale,2014-12-15 With the global population projected to reach 9 billion by the year 2050 the need for nations to secure food supplies for their populations has never been more pressing Finding better supply chain solutions is an essential part of achieving a secure and sustainable diet for a rapidly increasing population We are now in a position through methods including life cycle assessment LCA carbon footprinting and other tools to accurately measure and assess our use or misuse of natural resources including food The impact of new technologies and management systems can therefore improve efficiencies and find new ways to reduce waste Global Food Security and Supply provides robust succinct information for people who want to understand how the global food system works The book demonstrates the specific tools available for understanding how food supply works addresses the challenges facing a secure and safe global food supply and helps readers to appreciate how these challenges might be overcome This book is a concise and accessible text that focuses on recent data and findings from a range of international collaborations and studies The author provides both a snapshot of global food supply and security today and a projection of where these issues may lead us in the future This book will therefore be of particular interest to food policy leaders commercial managers in the food industry and researchers and students seeking a better understanding of a rapidly evolving topic

Handbook of Mineral Elements in Food de la Guardia,Salvador Garrigues,2015-04-20 Mineral elements are found in foods and drink of all differenttypes from drinking water through to mothers milk Thesearch for mineral elements has shown that many trace andultratrace level elements presented in food are required for ahealthy life By identifying and analysing these elements it ispossible to evaluate them for their specific health givingproperties and conversely to isolate their less desirableproperties with a view to reducing or removing them altogether fromsome foods The analysis of mineral elements requires a number ofdifferent techniques some methods may be suitable for onefood type yet completely unsuited to another The Handbook of Mineral Elements in Food is the firstbook to bring together the analytical techniques the regulatoryand legislative framework and the widest possible range of foodtypes into one comprehensive handbook for food scientists andtechnologists Much of the book is based on the authors owndata most of which is previously unpublished making theHandbook of Mineral Elements in Food a vital andup to the minute reference for food scientists in industry andacademia alike Analytical chemists nutritionists and food policymakers will also find it an invaluable resource Showcasing contributions from international researchers andconstituting a major resource for our future understanding of thetopic the Handbook of Mineral Elements in Food is anessential reference and should be found wherever food science andtechnology are researched and taught

Biofilms in the Food Environment Anthony L. Pometto III,Ali Demirci,2015-08-24 In nature microorganisms are generally found attached to surfaces as biofilms such as dust insects plants animals and rocks rather than suspended in

solution Once a biofilm is developed other microorganisms are free to attach and benefit from this microbial community The food industry which has a rich supply of nutrients solid surfaces and raw materials constantly entering and moving through the facility is an ideal environment for biofilm development which can potentially protect food pathogens from sanitizers and result in the spread of foodborne illness Biofilms in the Food Environment is designed to provide researchers in academia federal research labs and industry with an understanding of the impact control and hurdles of biofilms in the food environment Key to biofilm control is an understanding of its development The goal of this 2nd edition is to expand and complement the topics presented in the original book Readers will find The first comprehensive review of biofilm development by *Campylobacter jejuni* An up date on the resistance of *Listeria monocytogenes* to sanitizing agents which continues to be a major concern to the food industry An account of biofilms associated with various food groups such as dairy meat vegetables and fruit is of global concern A description of two novel methods to control biofilms in the food environment bio nanoparticle technology and bacteriophage Biofilms are not always a problem sometimes they even desirable In the human gut they are essential to our survival and provide access to some key nutrients from the food we consume The authors provide up date information on the use of biofilms for the production of value added products via microbial fermentations Biofilms cannot be ignored when addressing a foodborne outbreak All the authors for each chapter are experts in their field of research The Editors hope is that this second edition will provide the bases and understanding for much needed future research in the critical area of Biofilm in Food Environment

Food Carotenoids Delia B. Rodriguez-Amaya, 2015-09-01 Carotenoids were first studied as natural pigments then as precursors of vitamin A and then as bioactive compounds against chronic diseases These compounds have been and continue to be the subject of intense research worldwide now with an expanded scope Food Carotenoids Chemistry Biology and Technology gathers all the important information about these major compounds which impact both food quality and human health It integrates in one volume various aspects of food carotenoids such as Structures and physicochemical properties Biosynthetic pathways and metabolism Analysis and composition of foods Stability and reactions during processing Commercial production as food colorants and precursors of aroma compounds Bioavailability and health benefits Having worked with carotenoids in various aspects for 44 years Delia Rodriguez Amaya is uniquely placed to pass on her wealth of knowledge in this field This book will serve as solid background information for professionals in Food Science Food Technology Nutrition Agriculture Biology Chemistry and Medical Sciences whether in the academe industry governmental and non governmental agencies

Anti-Ageing Nutrients Deliminda Neves, 2015-07-07 Ageing is a complex time related biological phenomenon that is genetically determined and environmentally modulated According to even the most pessimistic projections average lifespan is expected to increase around the world during the next 20 years significantly raising the number of aged individuals But increasing life expectancy presents new problems and industrialized countries are facing a pronounced increase in lifestyle diseases which constitute

barriers to healthy ageing Anti Ageing Nutrients Evidence based Prevention of Age Associated Diseases is written by a multi disciplinary group of researchers all interested in the nutritional modulation of ageing mechanisms Structured in three parts Part 1 looks at the cellular modifications that underlie senescence of cells and ageing of the organisms the effects of energy restriction on cellular and molecular mechanisms and in the whole organism and the epigenetic modifications associated with ageing Part 2 includes chapters which discuss the nutritional modulation of age associated pathologies and the functional decline of organs with a focus on those primarily affected by chronological ageing Part 3 summarises the knowledge presented in the previous chapters and considers the best diet pattern for the aged individuals The book reflects the most recent advances in anti ageing nutrition and will be a valuable resource for professionals educators and students in the health nutritional and food sciences

Emerging Dairy Processing Technologies Nivedita Datta,Peggy M.

Tomasula,2015-06-22 Fluid milk processing is energy intensive with high financial and energy costs found all along the production line and supply chain Worldwide the dairy industry has set a goal of reducing GHG emissions and other environmental impacts associated with milk processing Although the major GHG emissions associated with milk production occur on the farm most energy usage associated with milk processing occurs at the milk processing plant and afterwards during refrigerated storage a key requirement for the transportation retail and consumption of most milk products Sustainable alternatives and designs for the dairy processing plants of the future are now being actively sought by the global dairy industry as it seeks to improve efficiency reduce costs and comply with its corporate social responsibilities Emerging Dairy Processing Technologies Opportunities for the Dairy Industry presents the state of the art research and technologies that have been proposed as sustainable replacements for high temperature short time HTST and ultra high temperature UHT pasteurization with potentially lower energy usage and greenhouse gas emissions These technologies include pulsed electric fields high hydrostatic pressure high pressure homogenization ohmic and microwave heating microfiltration pulsed light UV light processing and carbon dioxide processing The use of bacteriocins which have the potential to improve the efficiency of the processing technologies is discussed and information on organic and pasture milk which consumers perceive as sustainable alternatives to conventional milk is also provided This book brings together all the available information on alternative milk processing techniques and their impact on the physical and functional properties of milk written by researchers who have developed a body of work in each of the technologies This book is aimed at dairy scientists and technologists who may be working in dairy companies or academia It will also be highly relevant to food processing experts working with dairy ingredients as well as university departments research centres and graduate students

Handbook of Fermented Meat and Poultry Fidel Toldrá,Iciar Astiasaran,Joseph Sebranek,Regine Talon,2014-10-27 Fermented meat products have been consumed for centuries in many different parts of the world and constitute one of the most important groups of food Bacterial cultures are used in their manufacture to preserve the meat and confer particular textures and

sensory attributes Examples of fermented meats include salami chorizo pepperoni and saucisson This fully revised and expanded reference book on meat fermentation presents all the principle fermented meat products and the processing technologies currently used in their manufacture The 54 chapters of this substantial book are grouped into the following sections Meat fermentation worldwide overview production and principles Raw materials Microbiology and starter cultures for meat fermentation Sensory attributes Product categories general considerations Semidry fermented sausages Dry fermented sausages Other fermented meats and poultry Ripened meat products Biological and chemical safety of fermented meat products Processing sanitation and quality assurance There are five new chapters in the second edition that address the following topics Smoking and new smoke flavourings Probiotics Methodologies for the study of the microbial ecology in fermented sausages Low sodium in meat products and Asian sausages Handbook of Fermented Meat and Poultry Second Edition provides readers with a full overview of meat fermentation the role of microorganisms naturally present and or added as starter cultures safety aspects and an account of the main chemical biochemical physical and microbiological changes that occur in processing and how they affect final quality Finally readers will find the main types of worldwide fermented meat products typically produced in different areas with the description of their main characteristics

Innovative Technologies in Beverage Processing Ingrid Aguilo-Aguayo, Lucia Plaza, 2017-05-18 An in depth look at new and emerging technologies for non alcoholic beverage manufacturing The non alcoholic beverage market is the fastest growing segment of the functional food industry worldwide Consistent with beverage consumption trends generally the demand among consumers of these products is for high nutrient drinks made from natural healthy ingredients free of synthetic preservatives and artificial flavor and color enhancers Such drinks require specialized knowledge of exotic ingredients novel processing techniques and various functional ingredients The latest addition to the critically acclaimed IFST Advances in Food Science series this book brings together edited contributions from internationally recognized experts in their fields who offer insights and analysis of the latest developments in non alcoholic beverage manufacture Topics covered include juices made from pome fruits citrus fruits prunus fruits vegetables exotic fruits berries juice blends and non alcoholic beverages including grain based beverages soups and functional beverages Waste and by products generated in juice and non alcoholic beverage sector are also addressed Offers fresh insight and analysis of the latest developments in non alcoholic beverage manufacture from leading international experts Covers all product segments of the non alcoholic beverage market including juices vegetable blends grain based drinks and alternative beverages Details novel thermal and non thermal technologies that ensure high quality nutrient retention while extending product shelf life Written with the full support of The Institute of Food Science and Technology IFST the leading qualifying body for food professionals in Europe Innovative Technologies in Beverage Processing is a valuable reference working resource for food scientists and engineers working in the non alcoholic beverage industry as well as academic researchers in industrial food processing and nutrition

Biofilms in the Dairy Industry Koon

Hoong Teh, Steve Flint, John Brooks, Geoff Knight, 2015-06-29 In recent years the formation and impacts of biofilms on dairy manufacturing have been studied extensively from the effects of microbial enzymes produced during transportation of raw milk to the mechanisms of biofilm formation by thermophilic spore forming bacteria The dairy industry now has a better understanding of biofilms and of approaches that may be adopted to reduce the impacts that biofilms have on manufacturing efficiencies and the quality of dairy products Biofilms in the Dairy Industry provides a comprehensive overview of biofilm related issues facing the dairy sector The book is a cornerstone for a better understanding of the current science and of ways to reduce the occurrence of biofilms associated with dairy manufacturing The introductory section covers the definition and basic concepts of biofilm formation and development and provides an overview of problems caused by the occurrence of biofilms along the dairy manufacturing chain The second section of the book focuses on specific biofilm related issues including the quality of raw milk influenced by biofilms biofilm formation by thermotolerant streptococci and thermophilic spore forming bacteria in dairy manufacturing plants the presence of pathogens in biofilms and biofilms associated with dairy waste effluent The final section of the book looks at the application of modelling approaches to control biofilms Potential solutions for reducing contamination throughout the dairy manufacturing chain are also presented Essential to professionals in the global dairy sector Biofilms in the Dairy Industry will be of great interest to anyone in the food and beverage academic and government sectors This text is specifically targeted at dairy professionals who aim to improve the quality and consistency of dairy products and improve the efficiency of dairy product manufacture through optimizing the use of dairy manufacturing plant and reducing operating costs Genetic Modification and Food Quality Robert Blair, Joe M.

Regenstein, 2015-06-26 The development of recombinant DNA methods has changed the face of the food industry over the last 50 years Crops which have been genetically modified are being cultivated in more and more countries and this process is likely to accelerate as desirable traits are identified and transferred to appropriate organisms and they are cleared by the regulatory authorities However the technique has its critics who claim that modification of the genome of the plant or animal in this way may pose unknown and unacceptable risks to the human consumer Genetic Modification and Food Quality A Down to Earth Analysis is the first comprehensive text on how GM production methods influence the quality of foods and feeds based on a complete and unbiased assessment of the scientific findings It presents a balanced analysis of the benefits and drawbacks of gene modified food sources in the human diet Chapters approach the topic with regard to different food types such as cereal grains oilseed crops vegetables fish and animal products Assessing the nutritive value as well as the health and safety of GMO foods this book is a reference for anyone working in the food production industry and will also be of an interest to NGOs trade associations and consumers who are looking for an objective balanced study of this contentious issue

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Cereals And Pulses Nutraceutical Properties And Health Benefits**

In a global inundated with displays and the cacophony of instant connection, the profound power and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, set within the musical pages of **Cereals And Pulses Nutraceutical Properties And Health Benefits**, a charming function of fictional beauty that pulses with organic emotions, lies an remarkable journey waiting to be embarked upon. Published with a virtuoso wordsmith, that exciting opus books visitors on a psychological odyssey, delicately revealing the latent possible and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Cereals And Pulses Nutraceutical Properties And Health Benefits Introduction

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