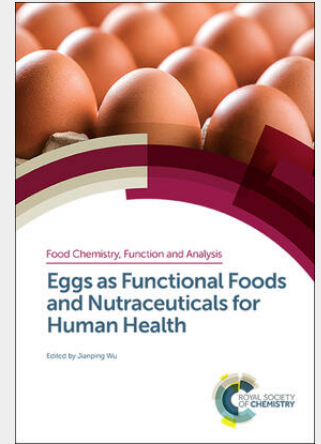


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## Eggs as Functional Foods and Nutraceuticals for Human Health

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Often described as 'nature's perfect food', perceptions of egg consumption and human health have evolved substantially over the past decades, in particular dietary guidelines no longer include a limit for dietary cholesterol and recommend eggs as part of healthy eating patterns. This book presents the opportunities for processing eggs to produce value-added food, nutritional, biomedical, functional food, and nutraceutical applications. It provides new evidence around egg consumption with respect to cardiovascular diseases, metabolic syndrome, weight management, mental development, eye, muscle, and ageing health. It also highlights the new discovery regarding egg bioactives that are relevant to anti-oxidants, anti-inflammation, cardiovascular and bone health, anti-microbial and anti-viral activities. Appealing to food scientists, food chemists, researchers in human nutrition specialising in eggs and dairy nutrition, and those involved in egg production, this book is reflecting the trends and innovations in this area of research.



**246,50 €**

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*Lieferfrist: bis zu 10 Tage*

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