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Fruit and Vegetable Phytochemicals: Chemistry and Human Health, 2 Volumes by Elhadi M. Yahia English | November 6th, 2017 | ISBN: 1119157943 | 1445 Pages | PDF | 135.16 MB Now in two volumes and containing more than seventy chapters, the second edition of Fruit and Vegetable Phytochemicals: Chemistry, Nutritional Value and Stability has been greatly revised and expanded. Written by hundreds of ...

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phytosterols were identified in banana peel.

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[Phytochemical - Wikipedia](#)

Cooking induces many chemical and physical modifications in foods; among these the phytochemical content can change. Many authors have studied variations in vegetable nutrients after cooking, and great variability in the data has been reported. In this review more than 100 articles from indexed scie ...

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Fruit and Vegetable Phytochemicals concludes with chapters focusing on the effects of harvest and minimal processing technologies on the degradation of phytochemicals. About the Author Laura A. de la Rosa, PhD, is professor in the Chemistry Program of the Department of Basic Sciences at the Universidad Autonoma de Ciudad Juarez, Juarez, Mexico.

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In the rational human diet, the important role of fruits and vegetables, which are a source of bioactive phytochemicals, is emphasized. Among fruits particular attention, due to a number of documented health-promoting properties, is focused on cranberry. This fruit is characterized by the high conte ...

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This chapter covers the main state-of-the-art kinetic models available to describe carotenoids changes. It gives a more detailed discussion of the carotenoids that present in leafy vegetables, roots, and fruits. In vitro and animal studies have demonstrated that carotenoids can protect against several forms of cancer.

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In book: Fruit and Vegetable Phytochemicals: Chemistry and Human Health (pp.1145-1161 (16)) Edition: Second; Publisher: Wiley Blackwell, John Wiley & Sons Ltd.

[The Health Potential of Fruits and Vegetables ...](#)

Fruits and vegetables are essential for human nutrition, delivering a substantial proportion of vitamins, minerals, and fibers in our daily diet. Unfortunately, half the fruits and vegetables produced worldwide end up as wastes, generating environmental issues caused mainly by microbial degradation. ...

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