



Plants: Diet and Health (British Nutrition Foundation)

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Report of the British Nutrition Foundation's Task Force

Chairman of the Task Force: Professor Malcolm Jackson, University of Liverpool

Plants: Diet and Health is an extremely timely publication comprising the comprehensive and authoritative independent report of the British Nutrition Foundation's Task Force concentrating on bioactive substances and antioxidant nutrients in plant foods. The book focuses on the present state of knowledge and the effect on good health through the intake of these substances in an appropriate diet, looking in detail at any possible protection afforded the body by these substances - against chronic disorders, particularly cancer and cardiovascular disease.

This landmark publication includes chapters covering the classification, mechanisms of action and bioavailability of bioactive substances in plants, as well as in-depth coverage of the major plant foods: fruit, vegetables, cereals, nuts and pulses. Important chapters also cover the influence of the gut microflora, the effect of agronomy, storage, preservation, processing and cooking on bioactive substances, and the public health nutrition implications of all the issues raised.

The final sections of the book cover the conclusions of the Task Force and the important recommendations made, which should be considered by all those involved in this area. There is also a questions and answers chapter covering topical media issues.

Plants: Diet and Health provides essential core information for a wide range of health professionals, including dietitians, nutritionists, general and family practitioners and community nurses (e.g. school nurses, practice nurses and health visitors). Personnel in the food industry responsible for product development, production and packaging will find this landmark publication to be an extremely valuable reference, as will all those involved in the production of dietary supplements in the food and pharmaceutical industries. Lecturers, undergraduates, postgraduates and postdoctoral researchers in nutrition, dietetics, plant sciences, biochemistry, food science and food technology, public health, pharmacy, pharmacology and medicine will also find this book to be of great value in their work.

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