



## **Tree Nuts: Composition, Phytochemicals, and Health Effects (Nutraceutical Science and Technology)**

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# Tree Nuts: Composition, Phytochemicals, and Health Effects (Nutraceutical Science and Technology)

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Traditionally perceived as a high-fat, high-calorie food best avoided or consumed only in moderation, tree nuts have come into their own. Recent epidemiological and clinical studies provide evidence that frequent nut consumption is associated with favorable plasma lipid profiles, reduced risk of coronary heart disease, certain types of cancer, stroke, atherosclerosis, type-2 diabetes, inflammation, and several other chronic diseases. Drawing on contributions from experts based in industry and academia **Tree Nuts: Composition, Phytochemicals, and Health** discusses the results of state-of-the-art research on different aspects of tree nut compositions, phytochemicals, and their health effects.

### Explore New Research on Health Effects of Tree Nuts

The book examines popular tree nuts, together with chestnut and heart nut, and describes each one's compositional and lipid characteristics, phytochemicals, and health effects. It also briefly examines the chemical composition of acorn nut, beech nut, coconut, and hickory. The volume provides a comprehensive assessment of allergens and anti-aflatoxigenic activity of phytochemicals, and sphingolipids and health benefits of tree nuts as well as their flavor and volatile compounds. The contributors include coverage of the bioactives and phytochemicals of tree nut by-products when the information is available.

### Complete, Comprehensive, and Up-to-Date Coverage

With its distinguished, international panel of contributors and expert editorial guidance, this book provides coverage that is both comprehensive and authoritative. The information presented is an excellent starting point for further research into the uses, processing, and marketing of tree nuts and tree nut by-products.

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