



Functional Foods: The Connection Between Nutrition, Health, and Food Science

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This new book presents a variety of important research on functional foods—foods that have another role related to disease prevention or health. The first section of the book includes chapters on the complicated relationships between nutrition, physical and mental health, and disease. Section two focuses on the connection between health science and food, and presents a number of case studies on the possible uses of functional foods. The book discusses important methods for nutritional interventions in relation to diseases such as obesity and other prominent health concerns in modern society.

Topics include:

- Nutrigenetics and metabolic diseases
- Nutrition intervention strategies to improve health
- Nutrition consumption timing around exercise sessions
- Nutritional therapies for mental disorders
- Health benefits of particular foods, such as eggs, milk, cereal, garlic, cinnamon, nuts, blueberries, etc.
- Mineral- and protein-enriched foods

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