



Novel Food Ingredients for Weight Control (Woodhead Publishing Series in Food Science, Technology and Nutrition)

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Obesity has become an epidemic of global proportions and is predicted to become the leading cause of death in many countries in the near future. As a result, weight control has become increasingly important for many consumers. Edited by a leading academic in the field, this important collection reviews research into the production and use of specific ingredients which can help to control body weight.

Part one discusses ingredients implicated in the development of obesity such as sugars and lipids and the body's response to hunger and satiety. The second part of the book reviews particular ingredients derived from grains, fruit and vegetables, which can assist weight control. Chapters cover β -glucans, oligosaccharides, starch and carbohydrates. Part three details dairy-based ingredients which can help regulate weight. It covers the use of food constituents such as calcium, conjugated linoleic acid (CLA), polyunsaturated fatty acids (PUFAs) and trans-free oils and fats.

Written by an international team of contributors, this book provides food industry professionals and nutritionists with a valuable reference on ingredients for effective weight control.

- Reviews research into the production and use of specific ingredients which can help to control body weight
- Provides food industry professionals with essential information about particular ingredients that are effective in weight management
- Valuable reference for nutritionists and food industry professionals

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