



# Functional Foods: Sources and Health Benefits

Deepak Mudgil  
Sheweta Barak



SCIENTIFIC  
PUBLISHERS



# **FUNCTIONAL FOODS: SOURCES & HEALTH BENEFITS**

By

**Deepak Mudgil**

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Published by  
**SCIENTIFIC PUBLISHERS (INDIA)**

Jodhpur –  
5 A, New Pali Road  
P.O. Box 91  
Jodhpur - 342 001 INDIA

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ISBN: 978-93-86237-00-2  
eISBN: 978-93-87869-63-9

Visit the Scientific Publishers (India) website at  
<http://www.scientificpub.com>  
Printed in India

# FOREWARD

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## MANSINHBHAI INSTITUTE OF DAIRY & FOOD TECHNOLOGY

The urbanization & changes in life style of Indian population has given new dimension to food habits & food consumption pattern. This has generated demand of qualified professionals in Food Industry. An accelerated growth in the demand of functional foods has observed in Indian market. Manufacturers are giving attention to the development and production of functional foods with certain health benefits.

This book titled **“Functional Foods: Sources & Health Benefits”** gives information on certain aspects of functional foods such as bioactive components, health benefits and effect of processing etc. Topics covered in this book will help students and working professionals related to dairy and food industries. It will be a good handy reference book for students during their studies & professionals, at workplace and in future career.

The authors have compiled good information on the subject which covered all important aspects of functional foods w.r.t. academics, research and industry.

I wish that the food fraternity make full use of the book.

**Pramthesh R Patel**

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# PREFACE

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Food technology is developing as an emerging field from career point of view in India. In the last decade, many educational organizations including university departments, institutions, colleges and deemed universities have started undergraduate, postgraduate and doctorate degree programmes related to Food Technology, Food Processing, Food Engineering and allied courses such as Dairy Technology, Post Harvest Technology, Foods and Nutrition, Agricultural and Food Process Engineering etc. Ministry of Food Processing Industries of India (MFPI) established a specific institution i.e. National Institute of Food Technology Entrepreneurship and Management. Functional food is now-a-days a very interesting and important topic of discussion and research. That's why it is a major subject in B.Tech, M.Tech, M.Sc. and Pre-Ph.D. course curriculum of above mentioned disciplines. The book **“Functional Foods: Sources & Health Benefits”** will cover topics such as Introduction to Functional Foods, Nutrition for all Ages, Food Fortification, Low Calorie Food, Sports Food, Herbs as Functional Foods, Prebiotics, Probiotics & Synbiotics, Functional Dairy Products, Role of Cereal in Health Promotion and Disease Prevention, Functional Components from Fruits & Vegetables, Functional Meat Products, Immunomodulatory response of Fermented Dairy Products, Consumer response towards Functional Foods. We wish to acknowledge authors for their contribution in the preparation of this book. The patience of Scientific Publishers (India) and the assistance provided by Scientific Publishers staff members are highly appreciated. Last but not least we must thank our family for their love, support and encouragement.

**Deepak Mudgil**  
**Sheweta Barak**

Place: Mehsana, Gujarat  
Date : December, 2016



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