



# Introduction to Functional Food Science (Volume 1)

*Danik M Martirosyan PhD*

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## **Introduction to Functional Food Science (Volume 1) Danik M Martirosyan PhD**

This book presents not only innovative functional food ideas for the management of chronic illnesses, but also the processes and scientific research which lead to these inventive and modern treatment methods. This issue not only preserves the numerous ideas and contributions made in the field of functional food, but lays the foundation for a field of science that will undoubtedly logarithmically expand in the coming years, and change modern society's relationship with medicine. This book serves as a collection of the most up-to-date ideas and contributions made by researchers in the field of functional foods and prevention and management of chronic diseases. Furthermore, this book demonstrates the current progress and evolution of a science that will undoubtedly change the lives of millions of people worldwide. This cornerstone guide, written by internationally recognized functional, medical, and bioactive food experts, covers the basics on functional foods and functional food sciences. With more than 3,000 scientific references, this book provides scientists, medical doctors, nutritionists, food technologists, and students majoring the biology, nutrigenetic, and food science fields, as well as public health professionals with a comprehensive and up-to-date examination of functional foods. The book provides modern information on functional food components, including antioxidants, dietary fibers, prebiotics, plant sterols, phytochemicals, bioactive peptides, and flavonoids, as well as the health benefits of bioactive foods. For the first time, internationally-recognized specialists in the interdisciplinary science of functional foods are putting together different pieces of research and development of functional foods, as well as epidemiological and post marketing investigations. The book presents the latest developments in nutrigenomics, molecular biology, epidemiology, as well as the marketing and distribution of functional foods. The book is composed of four major chapters: "Introduction;" "Bioactive Food Compounds: Sources and Potential Health Benefits;" "Functional Foods and Chronic Diseases;" and "Functional Foods: Philosophy, Evolution, Interactions, and Market." Chapter 1 presents an introduction and definition of functional food and describes the categories of healthy and medical foods. It also reviews similarities and differences between these categories. Furthermore, it discusses biomarkers for functional foods and bioactive compounds, which always exist in functional foods. This chapter also describes scientific standards for evaluating functional food claims: regulation, pre-clinical and clinical studies. Chapter 2 is devoted to different functional food components, such as antioxidants, dietary fibers, prebiotics, plant sterols, phytochemicals, bioactive peptides, flavonoids, and relationships between bioactive food components and their health benefits. Chapter 3 provides information about functional foods' abilities to prevent and manage metabolic syndrome, as well as chronic diseases, such as diabetes, obesity, cardiovascular diseases, cancer, and others. This book also describes the roles of functional and medical foods in emotional health, oral health, and gerontology. Finally, chapter 4 presents the different approaches of western and eastern cultures to functional foods, sensory evaluation of functional foods, food-drug interactions, and functional food ingredients market. The book is a result of collective work of 54 scientists, 44 universities, medical and food organizations, all coming from different countries.

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