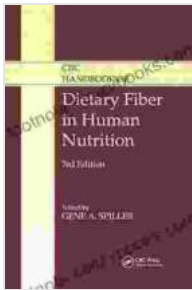


The CRC Handbook of Dietary Fiber in Human Nutrition: A Comprehensive Guide

Dietary fiber, a complex and diverse component of plant-based foods, has long been recognized for its essential role in human health and well-being. From maintaining a healthy digestive system to reducing the risk of chronic diseases, fiber plays a significant part in our overall dietary intake.



CRC Handbook of Dietary Fiber in Human Nutrition

by Gene A. Spiller

★★★★★ 5 out of 5

Language : English

File size : 14993 KB

Screen Reader : Supported

Print length : 736 pages

FREE

DOWNLOAD E-BOOK



To delve into the intricacies of this fascinating nutrient, the CRC Handbook of Dietary Fiber in Human Nutrition serves as an indispensable reference. This comprehensive guide provides a comprehensive overview of dietary fiber, its diverse forms, physiological functions, and clinical implications.

Structure and Classification of Dietary Fiber

The handbook begins by exploring the structural composition and classification of dietary fiber. It explains the distinction between soluble and insoluble fiber, the roles of specific fiber components such as cellulose, hemicellulose, and pectin, and the various sources of fiber in the human diet.

Physiological Functions of Dietary Fiber

Subsequent chapters delve into the physiological functions of dietary fiber, highlighting its impact on digestive health, satiety, blood glucose control, cholesterol metabolism, and immune function. The handbook provides a detailed examination of the mechanisms by which fiber exerts these beneficial effects.

Dietary Fiber and Chronic Diseases

In addition to its physiological functions, the CRC Handbook also explores the associations between dietary fiber intake and the risk of chronic diseases. It examines the evidence linking fiber to reduced incidence of cardiovascular disease, type 2 diabetes, obesity, and certain types of cancer.

Clinical Applications of Dietary Fiber

The handbook provides practical guidance on the clinical applications of dietary fiber. It discusses the use of fiber supplements for conditions such as constipation, irritable bowel syndrome, and diverticular disease. Additionally, it outlines the role of fiber in weight management and the prevention of metabolic disorders.

Dietary Fiber Recommendations and Assessment

To help individuals optimize their dietary fiber intake, the handbook includes up-to-date recommendations from major health organizations. It also describes various methods for assessing fiber intake accurately, empowering readers to make informed dietary choices.

Case Studies and Future Directions

The handbook concludes with a series of case studies that illustrate the clinical use of dietary fiber in various settings. It also examines emerging areas of research and highlights promising directions for future exploration.

Target Audience

The CRC Handbook of Dietary Fiber in Human Nutrition is an invaluable resource for:

* Healthcare professionals, including physicians, registered dietitians, and nutritionists
* Researchers in the fields of nutrition, gastroenterology, and epidemiology
* Food scientists and product developers
* Policymakers and public health advocates
* Consumers interested in optimizing their dietary fiber intake

The CRC Handbook of Dietary Fiber in Human Nutrition is a comprehensive and authoritative guide to this essential nutrient. Its thorough examination of the structure, function, and clinical applications of dietary fiber provides a solid foundation for understanding the role of fiber in promoting health and preventing disease.

By empowering healthcare professionals, researchers, and individuals alike with the latest knowledge and guidance, this handbook plays a vital role in advancing the field of dietary fiber research and improving public health outcomes.

CRC Handbook of Dietary Fiber in Human Nutrition

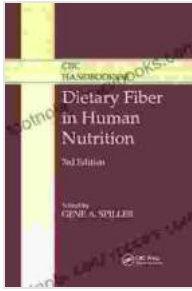
by Gene A. Spiller

★★★★★ 5 out of 5

Language : English

File size : 14993 KB

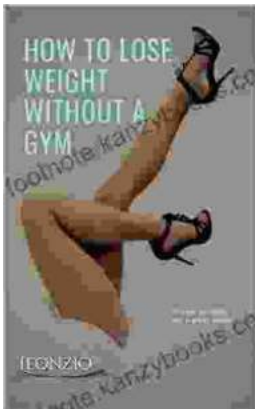
Screen Reader : Supported



Print length : 736 pages

FREE

DOWNLOAD E-BOOK



Lose Weight Without the Gym: Revolutionize Your Body and Health

In today's fast-paced world, finding the time and motivation to hit the gym can be a daunting task. However, losing weight and achieving a...



Unraveling the Enigmas of "The Naked Sun": A Journey into the Heart of Asimov's Gripping Robot Detective Saga

In the vast tapestry of science fiction, Isaac Asimov's "The Naked Sun" stands as a brilliant and enduring masterpiece. This captivating novel transports readers...