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Eggs as Functional Foods and Nutraceuticals for Human Health

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Synopsis

Often described as 'nature's perfect food', perceptions of egg consumption and human health have evolved substantially over the past decades. This book presents recent developments on the processing of eggs for nutritional, biomedical, functional food, nutraceutical and other value-added applications, as well as providing new evidence around egg consumption on cardiovascular diseases, metabolic syndrome, weight management, mental development, eye, muscle, and ageing health. It will appeal to food scientists, food chemists, researchers in human nutrition specialising in eggs and dairy nutrition, and those involved in egg production.

Brief Contents

- Eggs as Part of a Healthy Eating Pattern
- Egg is a Natural Functional Food
- Egg Consumption on Appetite Control and Body Weight Regulation
- Egg Consumption and Cardiometabolic Health
- Food for Thought - Eggs and Neurocognition
- Egg Protein in Sports Nutrition
- Egg Carotenoids for Eye Health
- Eggs and Bone Health
- Chicken Egg: Wholesome Nutrition Packed with Antioxidants
- Modulation of Inflammation by Egg Components

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