



## **Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77)**

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# Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77)

## Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77)

This volume, reflects research advances and the recognition by the biomedical, pharmaceutical and agricultural communities that plant foods not only represent the major source of nutrients for humans, but also contain "protective factors" against chronic diseases, coronary heart disease, diabetes and cancer. The selected topics include plants that have some or all of the following characteristics: they are excellent sources of omega - 3 fatty acids; are rich sources of antioxidant vitamins (alpha-tocopherol, ascorbate, beta-carotene); contain high amounts of glutathione; are rich in fiber; are high in protein content; and can grow in arid climates. "Plants in Human Nutrition" should be of interest to those involved in food production, industrial and agricultural development, and sustainable agriculture, including scientists who are students of human evolution and development. Specifically, botanists, experimental biologists, agronomists, food technologists, nutritionists, pharmacologists, physicians, economists, policy makers, and anthropologists will discover their collective contribution in furthering human health and sustainable agriculture, and having a positive impact on the environment.

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**From reader reviews:**

**Gracie Davis:**

Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77) can be one of your basic books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77) nevertheless doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be considered one of it. This great information may drawn you into brand new stage of crucial pondering.

**Bernard McLaren:**

The book untitled Plants in Human Nutrition (World Review of Nutrition and Dietetics, Vol. 77) (v. 77) contain a lot of information on that. The writer explains her idea with easy method. The language is very clear and understandable all the people, so do not worry, you can easy to read this. The book was compiled by famous author. The author gives you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or gadget, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site in addition to order it. Have a nice learn.

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