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The growing trend towards natural additives and preservatives means that new antioxidants are emerging for use in foods.

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This book provides an overview of the food antioxidants currently available and their applications in different food products. Part one provides background

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Antioxidants of interest are of plant origin and belong to the phenolic and polyphenolic class of compounds as well as carotenoids and antioxidant vitamins, among others.

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Covers natural  
and synthetic  
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The processing  
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Preservation  
Woodhead  
Publishing  
Series In Food  
Science  
Technology  
And Nutrition

produce we feed  
our family  
members is far  
less healthy now  
than at any  
other time in  
human history!  
Does that  
statement bother  
you? It should!  
How and why did  
this happen?  
What can we do  
about it? Most

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Antioxidants, how  
can you ensure  
that you are  
feeding your  
family the most  
healthy, most  
nutritious  
fruits and  
vegetables  
possible? If you  
are going to  
grow a tomato in  
your garden  
anyway why not

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Antioxidants

healthiest, most  
phytonutrient-  
rich tomato

packed with the  
most lycopene  
and antioxidants  
possible? Are

you planning to  
grow lettuce?

Why not grow the  
lettuce that

packs the most  
nutrition into

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every leaf?

These simple questions are at the very heart of the author's concept of

"Phytonutrient Gardening." In

this first book in a series of three, Joe

Urbach, creator and publisher of the popular

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Antioxidants  
For Food  
Preservation  
Why  
Phytonutrient  
Blog answers  
those questions  
and more while  
providing  
gardeners with a  
wealth of  
information  
including which  
specific



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varieties of  
your favorites  
to grow to get  
the biggest  
nutritional bang  
for your  
gardening buck!  
Filled with  
fascinating  
details about  
the state of  
modern produce  
and backed by  
state-of-the-art

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research and  
scientific  
testing, this  
useful book will  
change your life  
by changing how  
you look at  
produce. Read  
just a few pages  
and you will  
change the way  
you garden, the  
way you buy  
groceries, the

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Antioxidants  
way you store  
your produce and  
even the way you  
cook your meals!

Changes all for  
the better!

Leading to a  
healthier, more  
active and  
longer life!

And Nutrition  
This handbook  
has been  
extensively

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Antioxidants  
describes more  
than 6,000 trade  
name additives  
and more than  
3,000 generic  
chemical  
additives that  
are used in food  
products. The  
handbook also  
includes direct  
additives,  
intentionally

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added to food to  
affect its  
quality, and  
indirect

additives, those  
additives that  
might be  
expected to

become part of a  
food or as a  
result of  
production,

processing,  
storage, or

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packaging.  
Additives are  
critical  
components of  
food preparation  
as they play an  
important role  
in increasing  
the flavor,  
texture,  
preservation,  
and value of  
food products as  
well as aiding

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in all aspects  
of food  
manufacture.  
Food regulations  
for the US,  
Europe (E  
numbers), and  
Japan are also  
included. Some  
of the food  
additives  
covered in this  
reference are:  
anticaking

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Antioxidants  
antioxidants,  
fillers,  
flavors,  
emulsifiers,  
instantizing  
agents,  
nutrients, pH  
control agents,  
solvents, starch  
complexing  
agents,  
stiffening  
agents,



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suspending  
agents,  
sweeteners,  
tenderizers,  
texturizers,  
thickeners, etc.  
This reference  
is exhaustively  
cross-referenced  
by chemical  
component,  
function,  
application, CAS  
number,

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