



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

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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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