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Improving the nutritional and nutraceutical properties of wheat and other cereals

Edited by Professor Trust Beta, University of Manitoba, Canada



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About the book

This volume reviews key research into the nutritional components of cereals and their role in preventing chronic diseases, such as type 2 diabetes and cancer. Initial chapters cover our understanding of the nutritional value of starch, antioxidants and lipids in wheat.

About the editor

Dr Trust Beta is Professor of Food Science and Canada Research Chair in Grain-based Functional Foods at the University of Manitoba, Canada. Professor Beta is internationally-renowned for her research on the health-protective effects of whole grain foods and has written widely in this area as well as working with several international institutions.

Improving the nutritional and nutraceutical properties of wheat and other cereals

Available in print and digital formats:

ISBN - print 978-1-78676-479-9

Pages 380

Pub. Date May 2021

Price £145/\$190/€175/C\$245

Series No AS81

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