



Whole Grains and their Bioactives: Composition and Health

Jodee Johnson (Editor), Taylor C. Wallace (Editor)

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DESCRIPTION

A review of various types of whole grains, the bioactives present within them, and their health-promoting effects

As rates of obesity and other chronic conditions continue to rise, so too does the need for clear and accurate information on the connections between diet and disease, particularly regarding the cereal grains that dominate the Western diet. In this volume, editors Jodee Johnson and Taylor Wallace assemble a panel of leading experts to address this issue. The result is a comprehensive examination of the cereal and pseudo-cereal grains and their most important bioactive compounds.

Not only does this volume offer summaries of existing research, it also places these findings within the larger context of health promotion and disease prevention. This includes frank discussions on the limitations of existing studies, as well as current gaps in research for those who want to offer evidence-based recommendations to their patients. Topics addressed include:

- Methodical analyses of domesticated grain species, their horticultural history, nutritional composition, and known effects on health
- Beneficial properties of certain bioactive compounds found in particular grain species
- How bioactive compounds work within an individual's overall diet to increase health and prevent disease

Academic and industry researchers, as well as medical practitioners and public health professionals, will appreciate *Whole Grains and their Bioactives*, not only as an engaging overview of current research, but also as an illuminating contribution to the often-murky debate surrounding health and the human diet.

ABOUT THE AUTHOR

About the Editors

Dr. Jodee Johnson, PhD, is Associate Principal Scientist, Quaker Oats Center of Excellence, PepsiCo R&D Nutrition, Barrington, IL, USA.

Dr. Taylor C. Wallace is the Principal & CEO at Think Healthy Group, Inc. and an Adjunct Professor at the Department of Nutrition and Food Studies, George Mason University, Fairfax, VA, USA.

Both **Dr. Johnson** and **Dr. Wallace** have published extensive research exploring the health-promoting effects of whole grains, other foods, and dietary bioactives.

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