DESCRIPTION

A collection of current knowledge of phytochemicals and health

Interest in phenolic phytochemicals has increased as scientific studies indicate these compounds exhibit potential health benefits. With contributions from world leaders in this research area, *Plant Phenolics and Human Health: Biochemistry, Nutrition, and Pharmacology* offers an essential survey of the current knowledge on the capacity of specific micronutrients present in ordinary diets to fight disease.

The coverage in this resource:

- Explains the presence and biochemical properties of phenolics present in fruits and vegetables, as well as in foods derived from their plant sources
- Provides biochemical explanations on how certain plant phenolics fight cardiovascular and neurodegenerative diseases, cancer, and other widespread pathologies
Focuses on certain phenolics, e.g., flavonoids, stilbenes, and curcuminoids, and provides insights on the biochemical bases used to define their significance in the diet as well as their recommended consumption requirements and toxicity.

Appropriate for graduate and upper-level undergraduate courses in human and animal nutrition, basic nutritional biology, physiology, pharmacology, and other health-related disciplines, *Plant Phenolics and Human Health: Biochemistry, Nutrition, and Pharmacology* serves as both an invaluable supplementary classroom text and a self-teaching guide for professionals interested in defining the association between diet and health from classical, alternative, and complementary biomedical perspectives.

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### ABOUT THE AUTHOR

**Cesar G. Fraga** is Professor of Physical Chemistry at the University of Buenos Aires, Argentina, and is associated with the Department of Nutrition at the University of California at Davis. Dr. Fraga is the recipient of numerous awards, has served as guest editor of periodical publications, and has taken leadership roles in different scientific societies. He has an extensive record of publications on the biochemical and physiological effects of phenolic compounds and their potential effects on human health.

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