



Olive And Oil

Apostolos Kiritsakis, Fereidoon Shahidi

Olive And Oil:

Olives and Olive Oil in Health and Disease Prevention Victor R Preedy, Ronald Ross Watson, 2010-03-23 Long used in sacred ceremonies and associated with good health the nutritional and health promoting benefits of olives and olive oils have been proven by an ever increasing body of science From cardiovascular benefits to anti microbial anti cancer antioxidant activity and effects on macrophages and apoptosis to cellular and pathophysiological process olives and olive oils are proving important in many healthful ways For example reactive components in olive oils or olive oil by products have now been isolated and identified These include tyrosol hydroxytyrosol 3 4 dihydroxyphenyl acetic acid elenolic acid and oleuropein Oleic acid is the main monosaturated fatty acid of olive oil These have putative protective effects and modulate the biochemistry of a variety of cell types including those of the vascular system Some but not all components have been characterised by their putative pharmacological properties It is possible that usage of these aforementioned products may have beneficial application in other disease However in order for this cross fertilization to take place a comprehensive understanding of olives and olive oils is required Finding this knowledge in a single volume provides a key resource for scientists in a variety of food an nutritional roles Explores olives and olive oil from their general aspects to the detailed level of important micro and micronutrients Includes coverage of various methodologies for analysis to help scientists and chemists determine the most appropriate option for their own studies including those of olive related compounds in other foods Relates in a single volume resource information for food and nutritional chemists pharmaceutical scientists nutritionists and dieticians Presents information in three key categories General aspects of olives an olive oils Nutritional pharmacological and metabolic properties of olives and olive oil Specific components of olive oil and their effects on tissue and body systems

Olive and Olive Oil Bioactive Constituents Dimitrios Boskou, 2015-08-15 The market is flooded with products posing as elixirs supplements functional foods and olive oil alternatives containing phenols obtained from multiple olive sources This technically oriented book will be of value to nutritionists and researchers in the biosciences It unravels the body of science pertaining to olive minor constituents in relation to new chemical knowledge technological innovations and novel methods of recovery parallel to toxicology pharmacology efficacy doses claims and regulation Topics include the biological importance of bioactive compounds present in olive products developments and innovations to preserve the level of bioactives in table olives and olive oil and importance of variety maturity processing of olives storage debittering of olives and table olives as a valuable source of bioactive compounds Presents detailed information concerning the claimed benefits of olive oil and discusses the permitted health claim to EFSA on oils with natural phenolics Recovery of bioactive constituents from olive waste is comprehensively described Explores the relationship between phenolic levels and sensory evaluation Features chapters on the clinical and cellular mechanisms and health effects of olive important for functional foods research

Olives and Olive Oil as Functional Foods Apostolos Kiritsakis, Fereidoon Shahidi, 2017-06-14 The only single source

reference on the science of olives and olive oil nutrition and health benefits Olives and Olive Oil as Functional Foods is the first comprehensive reference on the science of olives and olive oil While the main focus of the book is on the fruit s renowned health sustaining properties it also provides an in depth coverage of a wide range of topics of vital concern to producers and researchers including post harvest handling packaging analysis sensory evaluation authentication waste product utilization global markets and much more People have been cultivating olives for more than six millennia and olives and olive oil have been celebrated in songs and legends for their life sustaining properties since antiquity However it is only within the last several decades that the unique health benefits of their consumption have become the focus of concerted scientific studies It is now known that olives and olive oil contain an abundance of phenolic antioxidants as well as the anti cancer compounds such as squalene and terpenoids This centerpiece of the Mediterranean diet has been linked to a greatly reduced risk of heart disease and lowered cancer risk Bringing together contributions from some of the world s foremost experts on the subject this book Addresses the importance of olives and olive oil for the agricultural economy and the relevance of its bioactive components to human health Explores the role that olive oil plays in reducing oxidative stress in cells a well known risk factor in human health Provides important information about new findings on olive oil and lipids which reviews the latest research Explores topics of interest to producers processors and researchers including the fruit s chemical composition processing considerations quality control safety traceability and more Edited by two scientists world renowned for their pioneering work on olive oil and human health this book is an indispensable source of timely information and practical insights for agricultural and food scientists nutritionists dieticians physicians and all those with a professional interest in food nutrition and health

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