



Oats Nutrition and Technology

YiFang Chu

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A considerable amount of research has emerged in recent years on the science, technology and health effects of oats but, until now, no book has gathered this work together. *Oats Nutrition and Technology* presents a comprehensive and integrated overview of the coordinated activities of nutritionists, plant scientists, food scientists, policy makers, and the private sector in developing oat products for optimal health.

Readers will gain a good understanding of the value of best agricultural production and processing practices that are important in the oats food system. The book reviews agricultural practices for the production of oat products, the food science involved in the processing of oats, and the nutrition science aimed at understanding and advancing the health effects of oats and how they can affect nutrition policies. There are individual chapters that summarize oat breeding and processing, the many bioactive compounds that oats contain, and their health benefits. With respect to the latter, the health benefits of oats and oat constituents on chronic diseases, obesity, gut health, metabolic syndromes, and skin health are reviewed. The book concludes with a global summary of food labelling practices that are particularly relevant to oats.

Oats Nutrition and Technology offers in-depth information about the life cycle of oats for nutrition, food and agricultural scientists and health practitioners interested in this field. It is intended to provoke thought and stimulate readers to address the many research challenges associated with the oat life cycle and food system.

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