Contents

	Preface VII
Chapter 1	Dietary Derived Antioxidants: Implications on Health Jaouad Bouayed and Torsten Bohn
Chapter 2	Antioxidant and Pro-Oxidant Effects of Polyphenolic Compounds and Structure-Activity Relationship Evidence 23 Estela Guardado Yordi, Enrique Molina Pérez, Maria João Matos and Eugenio Uriarte Villares
Chapter 3	Whole Grain Consumption and Health of the Lower Gastrointestinal Tract: A Focus on Insoluble-Bound Phenolic Compounds Neal Okarter 49
Chapter 4	Nutrition and Bone Health in Old Age 73 Manuel Díaz-Curiel, María J. Moro-Álvarez and Susana Sanz-Baena
Chapter 5	Potato Antioxidant Compounds: Impact of Cultivation Methods and Relevance for Diet and Health 95 Danièle Evers and Hannah Deußer
Chapter 6	Beneficial Effects of Fragrances in Beverages on Human Health 119 Hitoshi Aoshima
Chapter 7	The Therapeutic Benefits of Essential Oils Abdelouaheb Djilani and Amadou Dicko
Chapter 8	Functional Foods Based on Traditional Chinese Medicine 179 Chunyan Yao, Ruiwen Hao, Shengli Pan and Yin Wang
Chapter 9	Health-Promoting Food Ingredients and Functional Food Processing 201 Lizhe Wang and Torsten Bohn