



# An Evidence-Based Approach to Dietary Phytochemicals

*Jane Higdon*

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## **An Evidence-Based Approach to Dietary Phytochemicals** Jane Higdon

This book provides a critical analysis of the current scientific, epidemiological, and clinical research on the health benefits of plant-based foods and dietary phytochemicals. Designed to aid the health professional in the clinical setting, the book provides highly practical information for understanding the sources of dietary and supplementary phytochemicals, as well as their nutrient interactions, drug interactions, and possible adverse effects.

### **Features:**

- An overview of the health benefits of plant foods and beverages, including fruits, vegetables, legumes, nuts, whole grains, coffee, and tea
- Current clinical and scientific evidence of the health benefits of individual dietary phytochemicals and classes of phytochemicals, including carotenoids, flavonoids, fiber, and more
- Concise bullet-point summaries at the end of each chapter for rapid review of important concepts
- Peer-reviewed by experts in the field to ensure material is both accurate and up-to-date
- Easy-to-read appendices with key information on the dietary glycemic index of foods, diseases, drug interactions, nutrient interactions, and phytochemical-rich foods
- Evidence-based information with extensive lists of references in each chapter

With an emphasis on the importance of consuming phytochemical-rich foods, rather than dietary supplements, this book answers the needs of nutritionists, dietitians, nurses, and other health care professionals for a comprehensive text that will help them educate patients about healthy diets. Students in graduate programs in nutrition, food science, pharmacy, and allied health fields will also benefit from the wealth of information provided in this book.

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