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Vitamins and Minerals Biofortification of Edible Plants Nouredine Benkeblia, 2020-05-26 A Detailed Reference on How Modern Biotechnology is using the Biofortification of Crops to Improve the Vitamin and Mineral Content of Edible Plants. In this reference, **Vitamins and Minerals Biofortification of Edible Plants** authors cover new territory on phytonutrients, focusing on the enhancement and modification of edible crops. This book presents techniques and research findings from modern biotechnology to educate readers on the newest tools and research in the field. Readers will learn how groundbreaking scientific advances have contributed to the nutritional content of edible plants and crops for animals and humans. Inside, readers will find comprehensive information on new concepts of biofortification, including but not limited to modern biotechnology and its uses for improving the vitamin and mineral content of edible plants. Potential minerals and vitamins that can be targeted and implemented in agriculture. Ways of enhancing the nutritional contents of edible plants to address nutritional deficiencies and improve livestock. Methods of identifying plants that can be used to heal or prevent disease and illness. While many books cover the phytonutrients of crops, this reference book reports on methodologies, techniques, and environmental changes used to enhance and improve agricultural products. It is one of the first to provide information on using modern biotechnologies to modify crops with the goal of creating health benefits.

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Metabolism and Nutrition Sarah Benyon,1998 Spanish version also available ISBN 84 8174 364 X

School Food Service Journal ,1979

The Miracle Carb Diet Tanya Zuckerbrot,2012-12-26 Eat More Weigh Less Live Longer Celebrated nutritionist Tanya Zuckerbrot knows that when it comes to losing weight addition is better than subtraction Her secret Add the Miracle Carb to your diet so you don t need to subtract delicious satisfying foods The Miracle Carb is dietary fiber and chances are you don t get the recommended daily requirement even if you re eating a healthy diet Tanya introduced the world to fiber with the F Factor Diet and thousands of people have lost countless pounds improved chronic conditions like diabetes and gained more energy

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