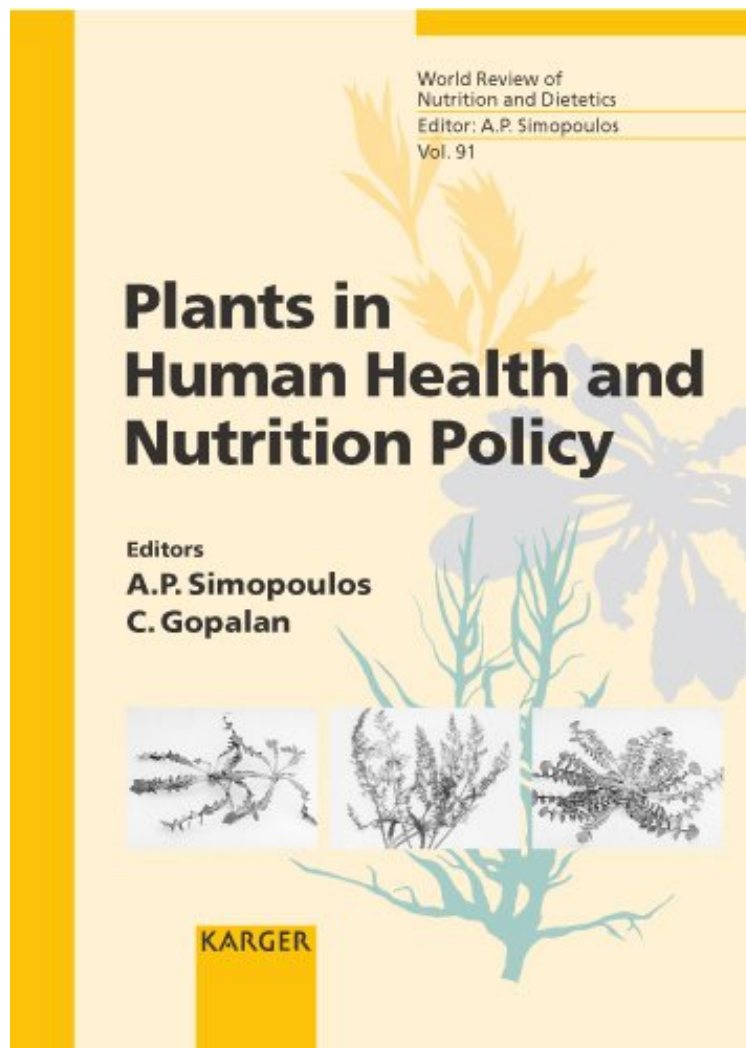


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## Plants in Human Health and Nutrition Policy (World Review of Nutrition and Dietetics, Vol. 91) (v. 91)

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**From S. Karger : Plants in Human Health and Nutrition Policy (World Review of Nutrition and Dietetics, Vol. 91) (v. 91)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Plants in Human Health and Nutrition Policy (World Review of Nutrition and Dietetics, Vol. 91) (v. 91):

0 of 0 people found the following review helpful. Wild Plants in Human NutritionBy Cwn\_AnnwnThe bulk of this book is information on wild plants (not to be confused with cultivated vegetables) that constitute a good portion of the people of Cretes diet but there is also information on the wild plants that are a staple of the diets of people in parts of

India, Thailand, North Africa and a few other places. It analyzes the nutrient content and effects on the health of the populations of these places. Apparently the effect is quite good considering the people of Crete, along with the Japanese have the worlds longest expected life spans. There are also medicinal uses for many of these plants. All these plants are named and pictured although I don't know how difficult it would be to get a hold of what you would need to grow them yourself. I also don't know how good some of these would taste in a salad but in these days of genetically modified foods and Monsanto I think they should be given a look at. many of them are as rich or more so in vitamins and micronutrients as the most common cultivated vegetables. The potential for these wild plants to be used in places where people are nutrient deficient is also discussed. Its written by and for academics but its not dry if you have an interest in the subject matter.

The present volume includes a series of studies on edible wild plants and their impact on human health. Today the diet of developed societies is limited to a few cultivated vegetables while the developing countries often lack an adequate supply of micronutrients. Wild plants contain antioxidant, omega-3 fatty acid and micronutrient components that contribute to both a decrease in the risk for chronic diseases as well as the reduction of nutritional deficiencies. Thus they address many diet-related problems at both ends of the socio-economic spectrum. Results from research provide data on the composition of indigenous plants from various areas of the world and show that consumption of green leafy vegetables corrects deficiencies successfully. The book also deals with nutrition policy integrating indigenous foods against micronutrient deficiency. Implementation of scientific evidence is an essential precondition for improving nutrition policy. Nutritionists, food producers, botanists, agronomists, food technologists, pharmacologists as well as all professionals involved with food policy and human development will find in this book a valuable and updated basis for their work.