



## Essentials Of Functional Foods

*Mary K. Schmidl, Theodore P. Labuza*

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Providing overview, depth, and expertise, Essentials of Functional Foods is the key resource for all involved in the exciting and rapidly growing arena of functional foods. Every important aspect of functional foods and ingredients is covered, from technology, product groups, and nutrition, to safety, efficacy, and regulation. The editors and their expert contributors emphasize broadly based principles that apply to many functional foods. This book is essential reading for food scientists, researchers, and professionals who are developing, researching, or working with functional foods and ingredients in the food, drug, and dietary supplement industry.

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