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Obesity has risen at an epidemic rate in recent years and is predicted to become a leading preventable cause of death in many countries in the near future. This important collection, edited by a leader in the field, provides food industry professionals with essential information about particular ingredients that are effective in weight control, their production, use in functional foods and ability to play a role in weight regulation. The book examines satiety extension, cravings and obesity, glycemic control, insulin resistance, and food ingredients that may cause obesity. It highlights using ingredients from grain, fruit, and vegetables for weight control, the role of calcium, and the importance of trans-fat free oils.

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