

CONTENTS

Preface	v
Chapter 1 Natural Antioxidants : An Overview	1
Chapter 2 Natural Antioxidants –Are They a Reality?	12
Chapter 3 Antioxidants from Cereals and Legumes	25
Chapter 4 Antioxidants from Spices and Herbs	64
Chapter 5 Antioxidative Defense System in Vegetable Extracts	76
Chapter 6 Antioxidant and Biological Properties of Rosemary Components : Implications for Food and Health	88
Chapter 7 Natural Antioxidants from Oilseeds	97
Chapter 8 Carotenoids and Tocols from Palm Oil	133
Chapter 9 Antioxidants in Grapes and Wine : Chemistry and Health Effects	150
Chapter 10 Flavonoids as Antioxidants	174
Chapter 11 Antioxidative Activity of Condensed Tannins	204
Chapter 12 Natural Antioxidants from Tea	213
Chapter 13 Optimizing Lipid Stability with Natural Inhibitors	224
Chapter 14 Vitamin antioxidants and Disease Prevention	245
Chapter 15 Endogenous Antioxidants : Role of Antioxidant Enzymes in Biological Systems	258
Chapter 16 Antioxidant Activity of Carnosine, a skeletal Muscle Dipeptide	271
Chapter 17 Isolation of a Natural Antioxidant From Shrimp Waste	283
Chapter 18 Antioxidant Properties of Maillard Reaction Products as Meat Flavor Compounds	296
Chapter 19 Controlling Oxidation and Warmed-Over Flavor In Precooked Pork Chops with Rosemary Oleoresin and Edible Film	311
Chapter 20 Model Systems for Studying Pigment and Lipid Oxidation relevant to Muscle-Based Foods	319
Chapter 21 Prediction of Oxidative Stability of Lipids Based on the Early Stage Oxygen Consumption Rate	331
Chapter 22 EPR Studies of Plant Polyphenols	346

Chapter 23	Application of FTIR/ATR Differential Spectroscopy For Monitoring Oil Oxidation and Antioxidant Efficacy	358
Chapter 24	Measurement of Lipid Oxidation and Evaluation of Antioxidant Activity	379
Chapter 25	Application of Proton Nuclear Magnetic Resonance (¹ H NMR) Spectroscopy for Assessment of Oxidative Stability of Fats and Oils	397
Index		405