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Functional foods: a growing industry. Functional foods are foods designed to provide specific health benefits. They are a growing industry, fuelled by consumer demand and advances in science. Fish oil provides omega-3. Fish oil provides a rich source of omega-3 fatty acids.

Functional Foods: Definition, Benefits, and Uses

The most promising targets for functional food science are the following: Gastrointestinal functions. These functions include those that are associated with a balanced colonic microflora, mediated by the endocrine activity of the gastrointestinal tract, dependent on the tract's immune activity, in control of nutrient (minerals in particular) bioavailability, in control of transit time and ...

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