



Why Processing, Functionality and Health Benefits

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Whey Processing, Functionality and Health Benefits

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Whey Processing, Functionality and Health Benefits provides a review of the current state of the science related to novel processes, functionality, and health benefit implications and documents the biological role of whey protein in selected areas that include muscle metabolism after exercise, muscle and body composition in the elderly, weight management, food intake regulation, and maintenance of bone mass. The topics addressed and the subject experts represent the best science knowledge base in these areas. In some of these areas, the state of the art and science are compelling, and emerging data are confirming and solidifying the human knowledge base. Collating the understanding and knowledge of the metabolic roles of whey protein and developing the clinical datasets that demonstrate efficacy for improving human health will speed up new product innovations and sustainable opportunities for the food industry as evidenced by the processing and functionality research conducted so far.

Topics covered in this volume include:

- Whey utilization history and progress in process technology
- Fractionation and separation with health implications
- Whey emulsions and stability in acidic environments
- Current applications in films, coatings, and gels
- Texturized whey in snacks, meat analogs and candies
- Nanoparticles in hydrogels for delivery of bioactive components
- Whey protein role in human health

Health and wellness, processing and functionality are clearly areas of continuing research and offer growth opportunity for the food industry. The benefits from such concentrated body of knowledge will be new ingredients and innovative products that improve overall wellbeing. *Whey Processing, Functionality and Health Benefits* provides food scientists and manufacturers insight into the health implications of whey protein science. Ultimately, the consumer will benefit from better formulated, healthier products.

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