1 Cereals and pulses – an overview 1

1.1 Introduction 1

1.2 Chemistry and nutraceutical compositions 2

1.3 Potential health beneficial effects 2

References 5

2 Effects of barley consumption on cardiovascular and diabetic risk 7

2.1 Introduction 7

2.2 Barley β-glucan and risk of cardiovascular diseases, diabetes and colon carcinogenesis 7

2.3 Other nutraceutical components and properties in barley 11

2.4 Potential of hulless barley in health promotion and disease prevention 15

2.5 Future studies 15

References 16

3 Nutraceutical properties and health benefits of oats 21

3.1 Introduction 21

3.2 Oat grain composition 22

3.3 The chemical and physical property of oat β-glucan 23

3.4 Effects of processing on oat β-glucan 25

3.5 Oat and health 26

3.6 Conclusions 31

References 31

4 Nutraceutical properties and health benefits of rice 37

4.1 Introduction 37

4.2 Rice grain structure and nutritional composition distribution 38

4.3 Nutrient compositions and their health benefits 40
4.4 Biofortification of nutrients in rice grain to improve its health benefits 53
4.5 Health benefits of rice bran 54
4.6 Health benefits of whole rice grain consumption 55
4.7 Future trends 57
References 57

5 Hypolipidemic effects of rice bran oil 65
5.1 Introduction 65
5.2 Chemical composition of rice bran oil (RBO) 65
5.3 Hypolipidemic effect of rice bran oil 66
5.4 Other beneficial effects of rice bran oil 68
5.5 Future studies 69
References 70

6 Phenolic phytochemicals from rye (Secale Cereale L.) 71
6.1 Introduction 71
6.2 Three classes of the phenolic compounds 72
6.3 Extraction methodology 72
6.4 Analysis methods 80
6.5 Bioactivity 81
6.6 Health beneficial effects of rye intake 82
6.7 Summary 82
References 82

7 Bioactive compounds in corn 85
7.1 Introduction 85
7.2 Phytochemicals in corn and their health benefits 85
7.3 Corn resistant starch and bioactivities 96
8 Nutraceutical and health properties of adlay 105

8.1 Introduction 105
8.2 Health components of adlay 105
8.3 Potential health beneficial properties 107
8.4 Summary 111

References 111

9 Antioxidant and health promoting properties of wheat (Triticum spp.) 113

9.1 Introduction 113
9.2 Evidence of wheat’s health promoting properties 113
9.3 The antioxidant contents of wheat 114
9.4 Reported antioxidant and other health promoting properties of wheat 117
9.5 Bioavailability of phenolic acids in wheat 119
9.6 Use of post-harvest treatments to improve the bioaccessability of antioxidant in wheat-based ingredients 120
9.7 Effects of processing on antioxidants in wheat-based food systems 123

References 126

10 Buckwheat: A novel pseudocereal 131

10.1 Introduction of buckwheat 131
10.2 Nutritional composition of buckwheat 133
10.3 Unique health components of buckwheat 136
10.4 Allergens in buckwheat 144
10.5 Research trends of buckwheat nutritional and functional properties 145

References 146

11 Nutraceutical and health properties of psyllium 149
15 Bioactives and health benefits of lentils (*Lens culinaris* L.) 217

15.1 Introduction 217

15.2 Epidemiology: pulses and chronic diseases 217

15.3 Health effects of pulse carbohydrates 221

15.4 Health promoting vitamins and minerals in lentils 222

15.5 Health promoting phenolic compounds in lentils 222

References 225

16 Soy isoflavones and bone health 229

16.1 Introduction 229

16.2 Biosynthesis and composition of isoflavones in soybeans 230

16.3 Separation, characterization, and analysis of isoflavones 231

16.4 Soy isoflavones and bone health 232

16.5 Summary 237

References 238

17 Effects of dietary soy on the prevention of cardiovascular disease 243

17.1 Introduction 243

17.2 Soy foods and serum cholesterol 243

17.3 Soy and inhibition of LDL oxidation 249

17.4 Soy and inflammation 252

17.5 Soy and hypertension 252

17.6 Soy and endothelial function 253

17.7 Conclusions 253

References 254

18 Dietary fiber and human health 261
18.1 Introduction 261
18.2 Dietary fiber and metabolic syndrome 261
18.3 Dietary fiber and cancer 264
18.4 Dietary fiber and cardiovascular diseases 267
18.5 Potential undesirable effects 268
18.6 Summary 269
References 269

19 Antioxidants and human health 273
19.1 Introduction 273
19.2 Anti-inflammatory capacity of antioxidants 274
19.3 Antioxidants and metabolic syndrome 278
19.4 Antioxidants and cancer 285
19.5 Antioxidants and cardiovascular diseases 290
19.6 Summary and conclusions 295
References 295

Index 309