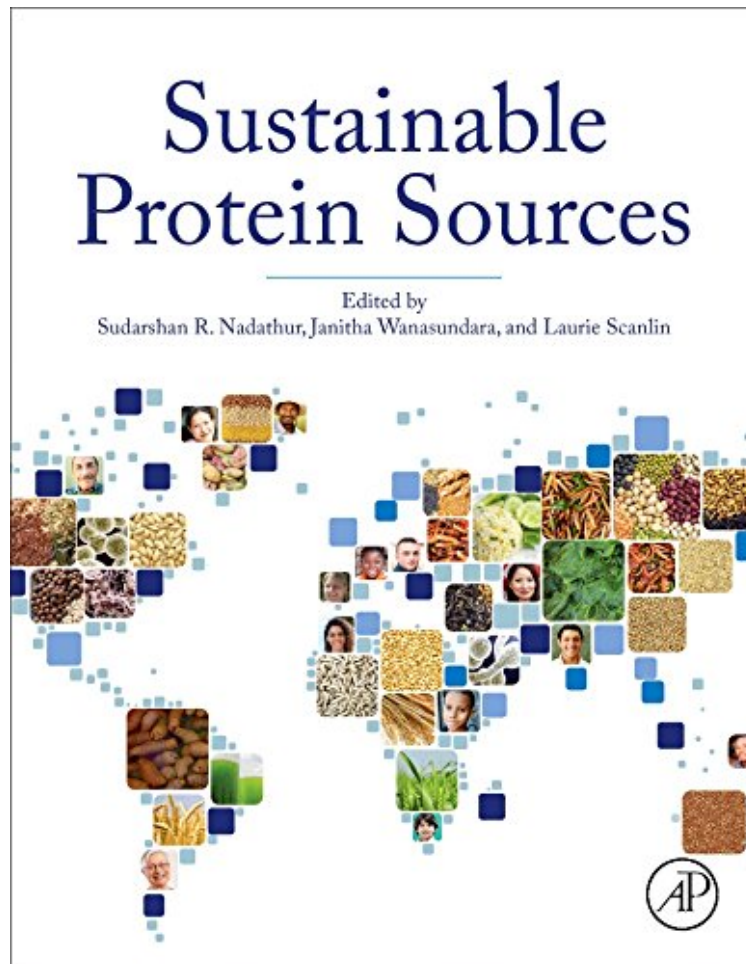


(Free download) Sustainable Protein Sources

Sustainable Protein Sources

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Protein plays a critical role in human nutrition. Although animal-derived proteins constitute the majority of the protein we consume, plant-derived proteins can satisfy the same requirement with less environmental impact. Sustainable Protein Sources allows readers to understand how alternative proteins such as plant, fungal, algal, and insect protein can take the place of more costly and less efficient animal-based sources. Sustainable Protein Sources presents the various benefits of plant and alternative protein consumption, including those that benefit the environment, population, and consumer trends. The book presents chapter-by-chapter coverage of protein from various sources, including cereals and legumes, oilseeds, pseudocereals, fungi, algae, and insects. It assesses the nutrition, uses, functions,

benefits, and challenges of each of these proteins. The book also explores opportunities to improve utilization and addresses everything from ways in which to increase consumer acceptability, to methods of improving the taste of products containing these proteins, to the ways in which policies can affect the use of plant-derived proteins. In addition, the book delves into food security and political issues which affect the type of crops that are cultivated and the sources of food proteins. The book concludes with required consumer choices such as dietary changes and future research ideas that necessitate vigorous debate for a sustainable planet. Introduces the need to shift current animal-derived protein sources to those that are more plant-based Presents a valuable compendium on plant and alternate protein sources covering land, water, and energy uses for each type of protein source Discusses nutritive values of each protein source and compares each alternate protein to more complete proteins Provides an overview of production, including processing, protein isolation, use cases, and functionality Presents solutions to challenges, along with taste modulation Focuses on non-animal derived proteins Identifies paths and choices that require consumer and policymaker debate and action

About the Author Dr. Sudarshan Nadathur is a Senior Flavorist with Givaudan. His career of 20 years has been in the Flavor industry, where he has held both regional and international roles supporting research, flavor creation, and developing new business. With a keen interest in Health and Sustainability, Dr. Nadathur has been actively involved with the Institute of Food Technologists (IFT) over the last several years. He was the past chair of the Sustainability program for the Annual Meeting Scientific Program Advisory Panel. Dr. Nadathur has degrees in Chemistry / Biochemistry from India, Masters in Food Science from the University of Delaware, a Doctorate in Food Science Technology from Oregon State University and is a Certified Food Scientist. Dr. Janitha Wanasundara is a Research Scientist at the Saskatoon Research and Development Centre of Agriculture and Agri-Food Canada (AAFC) while affiliating as an Adjunct Professor at the University of Saskatchewan, Canada. She holds a doctorate in Food Science and has over 25 years of experience in the food chemistry, protein chemistry and food technology areas as a researcher and a university level educator. Dr. Wanasundaras research efforts are to understand seed proteins for their optimum use in supporting environmentally sustainable healthy food and renewable polymer applications. Dr. Wanasundara has contributed to more than 75 peer reviewed publications and book chapters in the field of food science and holds a patent on protein processing of Brassicaceae oilseeds. She has held the Vice-chair and Chair positions of the Protein and Co-Products division of American Oil Chemists Society during 2013-16. Dr. Laurie Scanlins career spans over 20 years in food and beverage product development, taking concepts from research through full-scale commercialization for U.S. ingredient, retail, and food service companies. She holds a doctorate in Food Science and Human Nutrition and is Affiliate Professor at Colorado State University in Fort Collins, CO. Dr. Scanlin is committed to sustainable, plant-based and alternative protein sources and has been a selected international presenter on this global topic. She is also principal inventor of U.S. Patent "Quinoa Protein Concentrate, Production, and Functionality" and past chair of the Rocky Mountain Institute of Food Technologists.