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Composition

Phytochemicals

And Health Effects

# **Tree Nuts Composition Phytochemicals And Health Effects**

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### Phytochemicals And Health Effects

## **Tree Nuts Composition Phytochemicals And**

Tree nuts contain an array of phytochemicals including carotenoids,

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### Composition

### Phytochemicals

### And Health Effects

phenolic acids,  
phytosterols and  
polyphenolic  
compounds such as  
flavonoids,  
proanthocyanidins  
(PAC) and stilbenes, all  
of which are included  
in nutrient databases,  
as well as phytates,  
sphingolipids,  
alkylphenols and  
lignans, which are not.

**Tree nut  
phytochemicals:  
composition,**

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Composition

**antioxidant capacity**

... Phytochemicals

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Tree Nuts

Composition,  
nut, coconut, and

hickory.  
Phytochemicals

And Health Effects

**Tree Nuts:**

**Composition,**

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**Health Effects ...**

Explore New Research  
on Health Effects of  
Tree Nuts. The book  
examines popular tree  
nuts, together with  
chestnut and heart nut,  
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one's compositional  
and lipid  
characteristics,

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## Tree Nuts

Composition, Phytochemicals, and Health Effects

phytochemicals, and health effects. It also briefly examines the chemical composition of acorn nut, beech nut, coconut, and hickory.

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...

The book examines popular tree nuts, together with chestnut and heart nut, and describes each one's

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### Composition

### Phytochemicals

### And Health Effects

compositional and lipid characteristics, phytochemicals, and health effects. It also briefly examines the chemical composition of acorn nut, beech nut, coconut, and hickory.

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chapter 3 | 28 pages

Health Benefits of Tree  
Nuts . With Mauren E.

Ternus, Karen Lapsley,  
Constance J. Geiger.

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Health Effects**

Abstract. In addition to  
being a rich source of  
several essential  
vitamins and minerals,  
mono- and  
polyunsaturated fatty

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## Tree Nuts

### Composition

### Phytochemicals

### And Health Effects

acids, and fiber, most tree nuts provide an array of phytochemicals that may contribute to the health benefits attributed to this whole food. Although many of these constituents remain to be fully identified and characterized, broad classes include the carotenoids, hydrolyzable tannins, lignans, naphthoquinones,

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Tree Nuts

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**The phytochemical composition and antioxidant actions of ...**

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Composition

and lipid

characteristics,...

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**Tree Nuts:  
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The chemical composition and in vitro bioaccessibility of tocopherols, tocotrienols and phenolic compounds from peanuts and seven tree nuts were evaluated by analytical and chemometric

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## Tree Nuts

### Composition

methods. Total fat and dietary fiber (g 100 g<sup>-1</sup>) ranged from 34.2 (Emory oak acorn) to 72.5 (pink pine nut; PPN) and from 1.2 (PPN) to 22.5 (pistachio).

### **Nutrients | Free Full-Text | Chemical Composition and In**

...

several vitamins and minerals, unsaturated fatty acids, and fiber, tree nuts and peanuts

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## Tree Nuts

### Composition

### Phytochemicals And Health Effects

contain numerous phytochemicals that may contribute to promoting health and reducing the risk of chronic disease. While many of these bioactive constituents remain to be fully identified and characterized, broad classes

### **Phytochemical composition of nuts.**

Tree nuts :  
compositions,

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--Tree nut ...

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And Health Effects

**Tree nuts :  
composition,  
phytochemicals, and  
health ...**

A nut is a fruit composed of an inedible hard shell and a seed, which is generally edible. In general usage, a wide variety of dried seeds are called nuts, but in a botanical context "nut" implies that the shell does not open to release the seed (indehiscent). The

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## Tree Nuts

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translation of "nut" in certain languages frequently requires paraphrases, as the word is ambiguous.

### **Nut (fruit) - Wikipedia**

Proanthocyanidins are found in almonds, cashews, hazelnuts, pecans, pistachios, peanuts, and walnuts, with concentrations varying from 9-494 mg/100 g. Nut phytochemicals have

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been associated with...

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**Phytochemical  
composition of nuts**

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This benefit of tree nuts and peanuts has been reasonably attributed to their composition of vitamins and minerals, mono- and polyunsaturated fatty acids, and/or fiber. Carotenoids, phenols (particularly flavonoids), and phyto-

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### Composition

sterols have been identified and partly characterized in nuts.

### And Health Effects

#### **Phytochemical composition of nuts - NHRI**

Tree nuts are a complex whole food containing an array of essential nutrients as well as phytochemicals, including carotenoids, polyphenols, and tocopherols that possess antioxidant

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Tree Nuts

Composition

functions as well as  
other bioactivity. These

compounds may  
contribute to the

health benefits associ-

Phytochemicals and

antioxidants in nuts

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**The phytochemical  
composition and  
antioxidant actions  
of ...**

A nut is a fruit  
composed of an  
inedible hard shell and  
a seed, which is

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## Tree Nuts

### Composition

generally edible. In general usage and in a culinary sense, a wide variety of dried seeds are called nuts, but in a botanical context "nut" implies that the shell does not open to release the seed (indehiscent). The translation of "nut" in certain languages frequently requires paraphrases, as the word is ambiguous.

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