

A REVIEW DIFFERENT TYPES OF FUNCTIONAL FOODS AND THEIR HEALTH BENEFITS

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ABSTRACT

Certain foods or food components may provide health and wellness benefits. These foods, also known as “functional foods,” are thought to provide benefits beyond basic nutrition and may play a role in reducing or minimizing the risk of certain diseases and other health conditions. Examples of these foods include fruits and vegetables, whole grains, fortified foods and beverages and some dietary supplements. Functional characteristics of many traditional foods are being discovered and studied, while new food products are being developed to include beneficial components. By knowing which foods can provide specific health benefits, you can make food and beverage choices that allow you to take greater control of your health. In these paper different types of functional foods and their characteristics, composition and their uses and applications, Nutrient enrichment of food products, Functional Foods and their nutritional significance and health benefits are reviewed.

KEYWORDS: Food Components May Provide Health and Wellness Benefits