

Benefits of Functional Compounds in Foods & Health Promotion

**Amrita Poonia
Assistant Professor
Centre of Food science and Technology
Banaras Hindu University, Varanasi**

3. Saponins	Soybeans & chick pea	Lower cholesterol, anti cancer
4. Probiotics / Prebiotics / Synbiotics		
<i>Lactobacillus</i>	Curd, yogurt	Improve GI health & improve quality of intestine microflora
Fructo - oligosaccharides	Whole grains, onions, combination of Pro & Prebiotics	

5. Phytoestrogen		
Isoflavones: Daidzein , Zenistein	Soybean and soy-based foods	Reduce menopause symptoms, ↑ bone health
Lignans	Flax, rye, vegetables	Reduce cancer and heart diseases, lowering of LDL & total cholesterol

6. Carotenoids

Alpha,β- carotene	Papaya, Carrots, vegetables, fruits, mango	Nutralises free radicals
Lutein	Green vegetables	Healthy vision
Zeoxanthine	Eggs, citrus, corn	
Lycopene	Tomatoes	Reduce the risk of prostate cancer
7. Dietary fibre		
Insoluble dietary fibre	Wheat bran, food grains, husks	Reduce breast, colon cancer
Soluble dietary fibre (β-glucan)	Oats, barley	Reduce CVD
Whole grain	Cereal grains	

Mechanism of action of bioactive compounds

