

Contents

List of contributors	xi
CHAPTER 1 Sources of plant extracts	1
<i>Shabir Ahmad Mir, Manzoor Ahmad Shah and Annamalai Manickavasagan</i>	
1.1 Introduction	1
1.2 Plant parts used for the preparation of extracts.....	2
1.2.1 Leaf.....	2
1.2.2 Fruits and vegetables	5
1.2.3 Peel and skin	7
1.2.4 Seeds.....	9
1.2.5 Flowers	12
1.2.6 Barks.....	12
1.2.7 Roots.....	14
1.3 Conclusion	15
References.....	16
CHAPTER 2 Extraction techniques	23
<i>Saqib Farooq, Shabir Ahmad Mir, Manzoor Ahmad Shah and Annamalai Manickavasagan</i>	
2.1 Introduction	23
2.2 Extraction methods.....	24
2.2.1 Maceration.....	25
2.2.2 Soxhlet extraction method	26
2.2.3 Supercritical carbon dioxide extraction.....	27
2.3 Microwave-assisted extraction	29
2.4 Pressurized liquid extraction.....	30
2.5 Ultrasound-assisted extraction	31
2.6 Enzyme-assisted extraction	33
2.7 Pulsed electric field extraction.....	33
2.8 Conclusion	34
References.....	34
CHAPTER 3 Chemistry of plant extracts	39
<i>Havalli Bommegowda Rashmi and Pradeep Singh Negi</i>	
3.1 Introduction	39
3.2 Extraction procedures and chemical composition of plant extracts	39
3.3 Classification of bioactive compounds in plant extracts.....	42
3.3.1 Terpenoids.....	42

3.3.2	Phenolic compounds	51
3.3.3	Glucosinolates	58
3.3.4	Other phytochemicals	59
3.4	Structure-activity relationship of plant extract	60
3.4.1	Structure-activity relationship of carotenoid	60
3.4.2	Structure-activity relationship of phenolics.....	60
3.5	Conclusions	66
	References.....	66
CHAPTER 4	Encapsulation techniques for plant extracts	75
	<i>Chagam Koteswara Reddy, Ravindra Kumar Agarwal, Manzoor Ahmad Shah and M. Suriya</i>	
4.1	Introduction	75
4.2	Encapsulation	76
4.3	Encapsulation techniques	77
4.3.1	Spray drying.....	78
4.3.2	Freeze drying.....	79
4.3.3	Spray chilling and spray cooling	80
4.3.4	Fluidized bed coating.....	80
4.3.5	Extrusion	81
4.3.6	Emulsion.....	81
4.3.7	Coacervation	82
4.3.8	Liposomes	83
4.3.9	Molecular inclusion	84
4.4	Conclusions	85
	References.....	85
CHAPTER 5	Stability of plant extracts	89
	<i>Jyoti Nishad</i>	
5.1	Introduction	89
5.2	Stability of plant extracts	90
5.2.1	Effect of processing	91
5.2.2	Effect of pH	105
5.2.3	Effect of storage.....	108
5.2.4	Miscellaneous factors.....	115
5.3	Improving stability of plant extracts.....	116
5.4	Conclusion	117
	References.....	118
CHAPTER 6	Plant extracts as food preservatives	127
	<i>Manzoor Ahmad Shah and Shabir Ahmad Mir</i>	
6.1	Introduction	127

6.2	Sources	128
6.3	Extraction	128
6.4	Plant extracts as antimicrobials	128
6.5	Plant extracts as antioxidants.....	132
6.6	Plant extracts as antibrowning agents.....	135
6.7	Conclusion.....	136
	References.....	136
CHAPTER 7	Plant extracts as nutrient enhancers	143
	<i>Nirmal Kumar Meena, Kanica Chauhan, Manohar Meghwal and Anju Jayachandran</i>	
7.1	Introduction	143
7.2	Plant extracts as sources of vitamins	144
7.3	Plant extracts as sources of minerals	145
7.4	Plant extracts as sources of antioxidants	147
7.5	Plant extracts as sources of polyphenols	148
7.6	Plant extracts as sources of alkaloids	150
7.7	Plant extracts as sources of terpenes	154
7.8	Conclusion.....	155
	References.....	156
CHAPTER 8	Plant extracts as flavoring agents	165
	<i>Nikitha Modupalli, Lavanya Devraj and Venkatachalapathy Natarajan</i>	
8.1	Introduction	165
8.2	Plant extracts used for flavoring.....	167
8.3	Production of plant-based flavors	168
	8.3.1 Flavor extracts in liquid form.....	169
	8.3.2 Flavor extracts in solid form	170
8.4	Advanced technologies to assess the quality of plant-based flavorings	171
	8.4.1 Isotopic ratio mass spectrometry	171
	8.4.2 Radiocarbon dating	171
8.5	Encapsulation of plant extract flavorings	172
8.6	Application of natural plant-based extracts as flavoring agents in the food industry	174
	8.6.1 Beverage industry	174
	8.6.2 Savory foods	175
	8.6.3 Bakery and confectionary industry.....	175
	8.6.4 Alcoholic beverages.....	176
8.7	Safety evaluation and legislation for food flavorings	180
8.8	Conclusion	180
	References.....	181

CHAPTER 9 Plant extracts as coloring agents	187
<i>Nirmal Kumar Meena, Vijay Singh Meena, M. Verma and Subhrajyoti Mishra</i>	
9.1 Introduction	187
9.2 Synthetic colors and health impact	188
9.3 Natural food colors.....	188
9.4 Anthocyanins	189
9.5 Betalains	192
9.6 Carotenoids.....	193
9.7 Porphyrin pigments (chlorophylls)	195
9.8 Regulatory mechanism for food colors	196
9.9 Challenges with natural colors.....	201
9.10 Conclusion	201
References.....	202
CHAPTER 10 Plant extracts as enzymes.....	209
<i>Vartika Verma, Gauri Singhal, Sunanda Joshi, Monika Choudhary and Nidhi Srivastava</i>	
10.1 Introduction	209
10.2 History of enzyme use in food production	209
10.3 Plant extracts as enzymes	210
10.3.1 Protease	210
10.3.2 Lipases.....	213
10.3.3 Cellulase	214
10.3.4 Amylase.....	215
10.3.5 Lipxygenase	216
10.3.6 Pectinases	217
10.3.7 Peroxidase	218
10.4 Applications of plant enzymes in food industry	219
10.5 Conclusion	219
References.....	219
CHAPTER 11 Plant extracts as packaging aids.....	225
<i>Nazila Oladzadabbasabadi, Abdorreza Mohammadi Nafchi, Fazilah Ariffin and A.A. Karim</i>	
11.1 Introduction	225
11.1.1 Smart packaging.....	225
11.1.2 Plant extract	226
11.2 Potential plant extract for packaging	226
11.2.1 Antimicrobial activity aids	230
11.2.2 Antioxidant activity aids.....	232
11.2.3 Biodegradable packaging aids	244

11.2.4 Active packaging aids.....	249
11.2.5 Intelligent packaging aids.....	253
11.3 Conclusion and further remarks.....	256
References.....	257
CHAPTER 12 Health benefits of plant extracts.....	269
<i>Toiba Majeed and Naseer Ahmad Bhat</i>	
12.1 Introduction	269
12.2 Plant polyphenolic composition.....	270
12.3 Health benefits of plant extracts	271
12.3.1 Fruit extracts	275
12.3.2 Leaf extracts.....	276
12.3.3 Stem and bark extracts.....	278
12.3.4 Seed extract.....	280
12.3.5 Flower extracts	281
12.3.6 Roots and tuber extracts	283
12.4 Conclusion.....	284
References.....	285
CHAPTER 13 Opportunities and challenges of plant extracts in food industry ...	295
<i>V. Geetha Balasubramaniam, Sudha Rani Ramakrishnan and Usha Antony</i>	
13.1 Introduction	295
13.2 Opportunities	295
13.2.1 Prebiotics.....	295
13.2.2 Herbs	296
13.2.3 Spices	298
13.2.4 Whole extracts versus purified components.....	299
13.3 Challenges	301
13.3.1 Food versus supplements	301
13.3.2 Stability	303
13.3.3 Interactions.....	304
13.3.4 Toxicity	305
13.3.5 Regulations.....	307
13.3.6 Economic and ecological costs.....	308
13.4 Conclusion.....	309
References.....	309
Index	317