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Role of Functional Food for Cancer Prevention

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EDITORIAL NOTE

Functional foods they are generally known as nutraceuticals most of the time and these are the class of highly nutrients containing compounds having several health benefits like protection against lack of nutrients and promoting health growth. These compounds are different from other conventional food as they contains specific components that are directly linked to the wellbeing of individuals and helps individuals to stay fit and while conventional food such as low-fat containing products, vegetables, these provides a healthy intake to individuals as a complete food rather than just having single part of any product. Prebiotics are non-digestive food component that anguishes the host and excites the motion and growth of bacteria's inside the colon, while probiotics are the microbial dietary supplement that possesses favourable results on health of individuals and is used as functional foods. Examples of Nutraceuticals used as functional foods are fatty acids like conjugated linolenic acid, butyric acid, carotenoids and antioxidants. These components are favourable in the treatment of certain diseases like stroke prevention, coronary heart disease, immune response disorder, cancer, and eye defects like cataracts. In the late 19th century these functional food are firstly labelled in japan being the food products that shows all the details constituents having therapeutically active and biotic properties. Later China stated that any food that will contain any therapeutic or biological property will term to be functional food. There are some plant-based functional foods that too contain bioactive compounds and show certain pharmacological mechanism like hypo-lipidemic effect and some biological effects too. These compounds can be divided into 6 major categories like flavonoid, steroidal, saponins, polysaccharides, alkaloids and lastly polyphenols. Talking about some new classification of functional food they include vitamins, minerals, antioxidants, omega-3 fatty acid, prebiotics, and probiotics. The main problem that is stated with the use of functional food is that they degrade very easily in environmental condition. As the demand for the use of functional food is increasing day by day scientist are working on finding the several uses of functional food in the treatment of certain disease like cancer. A functional food is one that claims to have an additional function (usually one linked to health promotion or illness prevention) by combining two or more ingredients. The phrase can also refer to features that have been purposefully bred into existing food plants, such as purple or gold potatoes with lower anthocyanin or carotenoid concentration. Functional foods are "intended to offer physiological advantages and/or reduce the risk of chronic disease beyond basic nutritional functions, and may look like traditional food and be consumed as part of a regular diet," according to the Food and Drug Administration (FDA).

Examples of Functional foods are generally divided into two major categories:

- Conventional Functional Food: Whole grain food ingredients like vitamins, minerals and fats
- Modified Functional Foods: That is refreshed with additional ingredients like vitamins, minerals, probiotics, and fibres