

A Brief Description on Health and Functional Benefits of Food

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Commentary

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DESCRIPTION

A portion of functional food is one that claims to have an additional purpose (usually one linked to health promotion or illness prevention) by combining two or more ingredients. The phrase can also refer to features that were deliberately bred into existing food plants, such as purple or gold potatoes with higher anticyclonic or carotene content. "Designed to provide physiological advantages and/or decrease the risk of chronic disease beyond basic nutritional functions, and maybe similar in appearance to conventional food and consumed as part of a regular diet," according the FDA. Ingredients in functional foods offer health benefits beyond just their nutritional value. Some of them provide supplements or other ingredients that are meant to boost one's health. The concept began in Japan in the 1980s when government agencies began approving foods with proven health advantages in an effort to improve the general public's health. Foods fortified with vitamins, minerals, probiotics, or fiber is some examples. Fruits, vegetables, nuts, seeds, and grains, which are high in nutrients, are frequently known as functional foods. Oats, for example, contain beta-glucan, a type of fiber that has been shown to lower inflammation, boost immune function, and improve heart health. Antioxidants, which are beneficial compounds that help protect against disease, are abundant in fruits and vegetables.

The functional food industry, which encompasses the food, beverage, and supplement sectors, is one of the many segments of the food industry that has seen significant expansion in recent years. The global market for functional ingredients is expected to reach 176.7 billion dollars in 2013, with a Compound Annual Growth Rate (CAGR) of 7.4%. The functional food industry will increase at a 6.9% CAGR, while the supplements sector will grow at a 3.8

percent CAGR, and the health drink sector will develop at a 10.8 percent CAGR. This type of development is fueled not just by technological advancements and the creation of new products to meet the needs of health-conscious consumers, but by health claims that cover a wide spectrum of health concerns. Consumer skepticism persists, owing to the fact that the benefits of using the goods may be difficult to see. Some businesses may be discouraged from introducing their goods if some of the functional food claims are examined closely. Honey includes a variety of phytochemicals that may aid bees in coping with colds, resisting pesticides and infections, healing wounds, and possibly living longer. Because of the floral diversity in their pollen sources, bees may be able to select nectar kinds with health benefits.

Foods that have a potential positive effect on patients beyond basic nutrition are called functional foods. Functional foods, according to proponents, promote optimal health and help lower illness risk. Fiber Oatmeal is a well-known instance food product, as it contains dietary fibers, which can help decrease cholesterol levels. Some foods have been altered to provide health benefits. For example, orange juice that has been supplemented with calcium for bone health is an example. The FDA controls the claims that producers can make regarding the nutritive value of functional ingredients and their effects on illness, health, and body function. It's better to choose functional foods carefully if people wish to try them. Also, while functional meals can help people feel better; they can't make up for bad eating habits.