

Download Advances In Food And Nutrition Research Volume 84

ScienceDirect is the world's leading source for scientific, technical, and medical research. Explore journals, books and articles. Oats are self-pollinated cleistogamous plants under normal environmental conditions with three levels of polyploidization ranging from diploid ($2n = 14$) to tetraploid ($2n = 28$) to hexaploid ($2n = 42$). Two species have been cultivated to date, the diploid *A. strigosa*, an important forage and soil cover crop in Europe, Brazil, Argentina, and Uruguay (Cross, 2000, Federizzi and Mundstock, 2004 ... Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion. The diet of an organism is what it eats, which is largely determined by the availability and palatability of foods. Schematic depiction of how nutrition influences cognition and emotion. Overeating, obesity, acute high-fat diet consumption, poor early-life diet or early life adversity can produce an

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