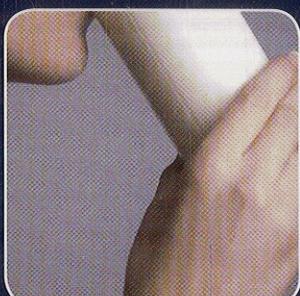
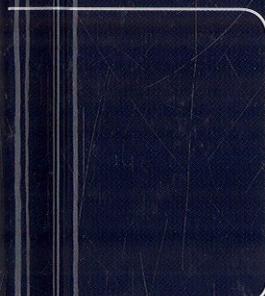
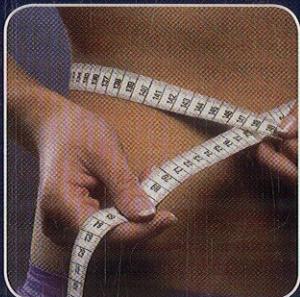


Weight Control and Slimming Ingredients in Food Technology

Susan S. Cho *EDITOR*



Contents

Contributors	vii
Preface	xi
Introduction	xiii

Part I Lipids based ingredients

Chapter 1	Conjugated Linoleic Acid <i>David J. Cai</i>	3
Chapter 2	Appetite Suppression Effects of PinnoThin™ (Korean Pine Nut Oil) <i>Corey E. Scott</i>	25
Chapter 3	Sucrose Fatty Acid Ester (Olestra) <i>John C. Peters</i>	43
Chapter 4	The Effects of a Novel Fat Emulsion (Olibra®/ Fabuless™) on Energy Intake, Satiety, Weight Loss, and Weight Maintenance <i>Rick Hursel and Margriet Westerterp-Plantenga</i>	55

Part II Protein based ingredients

Chapter 5	The Role of Dairy Products and Dietary Calcium in Weight Management <i>Lisa A. Spence, and Raj G. Narasimmon</i>	67
Chapter 6	Gelatin—A Versatile Ingredient for Weight Control <i>Klaus Flechsenhar and Eberhard Dick</i>	95

Chapter 7	α -Lactalbumin in the Regulation of Appetite and Food Intake <i>Arie G. Nieuwenhuizen, Ananda Hochstenbach-Waelen, and Margriet Westerterp-Plantenga</i>	109
Chapter 8	The Effects of Casein-, Whey-, and Soy Protein on Satiety, Energy Expenditure, and Body Composition <i>Margriet Veldhorst, Anneke van Vught, and Margriet Westerterp-Plantenga</i>	121
Chapter 9	Soy Peptides and Weight Management <i>Cristina Martínez-Villaluenga and Elvira González de Mejía</i>	135

Part III Functional components

Chapter 10	The Effects of Caffeine and Green Tea on Energy Expenditure, Fat Oxidation, Weight Loss, and Weight Maintenance <i>Rick Hursel and Margriet Westerterp-Plantenga</i>	161
Chapter 11	Mechanisms of (–)-Epigallocatechin-3-Gallate for Antioesity <i>Hyun-Seuk Moon, Mohammed Akbar, Cheol-Heui Yun, and Chong-Su Cho</i>	177
Chapter 12	Capsaicin <i>Astrid J.P.G. Smeets and Margriet Westerterp-Plantenga</i>	201

Part IV Fiber based ingredients

Chapter 13	NUTRIOSE®, Resistant Dextrin, in Satiety Control <i>Susan S. Cho and Iris L. Case</i>	215
Chapter 14	Fiber and Satiety <i>Susan S. Cho, Iris L. Case, and Stephanie Nishi</i>	227
Appendix	Global Suppliers of Ingredients for Weight Control	277
Index		283