## **CONTENTS**

Preface		vii
Chapter 1	Phytochemicals for the Control of Human Appetite and Body Weight S.A. Tucci, E.J. Boyland and J.C. Halford	1
Chapter 2	Bioavailability and Metabolism of Dietary Flavonoids – Much Known – Much More to Discover David E. Stevenson Arjan Scheepens and Roger D. Hurst	49
Chapter 3	Exploring the Views and Experiences of Participants in Structured Weight Loss Programmes  S. Visram and A. Crosland	101
Chapter 4	The Importance of the <i>In Vitro</i> Genotoxicity Evaluation of Food Components: The Selenium Vanessa Valdiglesias, Josefina Méndez, Eduardo Pásaro and Blanca Laffon	131
Chapter 5	Beneficial and Harmful Effects of Wine Consumption on Health: Phenolic Compounds, Biogenic Amines and Ochratoxin A José María Landete	171
Chapter 6	Evaluation of Antioxidant Activity and Appetite Modulation of Green Teas with High and Low Levels of Organic Selenium in Rats  Abdul L. Molan, Zhuojian Liu and Wenhua H. Wei	207
Index		223

## **CONTENTS**

Preface		vii
Chapter 1	Phytochemicals for the Control of Human Appetite and Body Weight S.A. Tucci, E.J. Boyland and J.C. Halford	1
Chapter 2	Bioavailability and Metabolism of Dietary Flavonoids – Much Known – Much More to Discover David E. Stevenson Arjan Scheepens and Roger D. Hurst	49
Chapter 3	Exploring the Views and Experiences of Participants in Structured Weight Loss Programmes  S. Visram and A. Crosland	101
Chapter 4	The Importance of the <i>In Vitro</i> Genotoxicity Evaluation of Food Components: The Selenium Vanessa Valdiglesias, Josefina Méndez, Eduardo Pásaro and Blanca Laffon	131
Chapter 5	Beneficial and Harmful Effects of Wine Consumption on Health: Phenolic Compounds, Biogenic Amines and Ochratoxin A José María Landete	171
Chapter 6	Evaluation of Antioxidant Activity and Appetite Modulation of Green Teas with High and Low Levels of Organic Selenium in Rats  Abdul L. Molan, Zhuojian Liu and Wenhua H. Wei	207
Index		223