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Functional Foods Lesson 1

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The Three Essential Ingredients to Functional Foods Lesson 1 Functional foods are foods that have been fortified, enhanced or enriched so that they have the potential to provide health benefits beyond basic nutrition.

Are many functional foods in your kitchen right now? Functional foods are foods that have been fortified, enhanced or enriched so that they have the potential to provide health benefits beyond basic nutrition. Functional foods can be conventional foods or foods that have been modified to add health promoting or disease preventing properties or remove certain components that may cause health problems.