

Contents

Chapter 1 Pigmented Wheat: Nutrition Scenario and Health Benefits	1
<i>P. Dangi, N. Chaudhary, A. Paul, A. Sharma, I. Dutta and R. Razdan</i>	
1.1 Introduction	1
1.2 Transformation in the Consumption Patterns of Wheat	3
1.3 Types and Breeding of Pigmented Wheat	5
1.3.1 Purple Wheat	5
1.3.2 Blue Wheat	6
1.3.3 Black Wheat	7
1.4 Nutritional Composition of Pigmented Wheat	8
1.4.1 Protein	8
1.4.2 Carbohydrates	9
1.4.3 Dietary Fibres	9
1.4.4 Bioactive Compounds	10
1.4.5 Phenolic Acids	10
1.4.6 Flavonoids	11
1.4.7 Anthocyanins	12
1.4.8 Carotenoids	12
1.4.9 Tocols	13
1.4.10 Vitamins	13
1.4.11 Methyl Donor	14
1.4.12 Anti-nutritional Factors	14
1.5 Health Benefits of Pigmented Wheat	15
1.5.1 Diabetes	16
1.5.2 Cardiovascular Diseases (CVDs)	16

1.5.3 Anti-inflammatory Activity	17
1.5.4 Anti-cancer Activity	17
1.5.5 Obesity	18
1.5.6 Miscellaneous	18
1.6 Consumer Perceptions of Pigmented Wheat	18
1.7 Product Development From Pigmented Wheat	19
1.7.1 Roasting of Pigmented Wheat Flour	20
1.8 Future Prospects	21
1.9 Conclusions	23
References	23
Chapter 2 Pigmented Rice: Composition and Health Effects	27
<i>Anil Kumar Siroha, Sneh Punia Bangar and Shweta Suri</i>	
2.1 Introduction	27
2.2 Nutritional Composition	29
2.2.1 Macronutrients	29
2.2.2 Micronutrients: Minerals & Vitamins	30
2.3 Functional Properties	31
2.3.1 Swelling Capacity	32
2.3.2 Pasting Properties	32
2.3.3 Water Absorption/Solubility Properties	33
2.3.4 Hydration Properties	33
2.4 Starch and Starch Modification	34
2.5 Phytochemical Diversity of Pigmented Rice and Other Bioactive Molecules	35
2.6 Health Benefits of Pigmented Rice	37
2.6.1 Gluten-related Disorders	37
2.6.2 Anti-cancer Activity	39
2.6.3 Anti-inflammatory Activity	39
2.6.4 Antioxidant Activities	40
2.6.5 Heart Diseases	40
2.6.6 Hypertension	40
2.6.7 Anti-diabetic Potential	41
2.7 Recent Updates in the Utility of Pigmented Rice	41
2.8 The Role of Biotechnology in Pigmented Rice	43
2.9 Conclusion	44
References	44
Chapter 3 Pigmented Maize: Nutritional Properties and Bioactive Profile	50
<i>Isha Dudeja, Muskan Gupta, Ramandeep Kaur Mankoo and Arashdeep Singh</i>	
3.1 Introduction	50
3.2 Pigment Accumulation and Their Biosynthesis in Pigmented Maize	56

3.3	Bioactive Compounds in Pigmented Maize	57
3.4	Pigment Extraction From Pigmented Maize	62
3.5	Pigmented Maize-based Food Products	67
3.5.1	Tortillas and Tortilla Chips	68
3.5.2	Bread, Muffins, and Cake	69
3.5.3	Cookies and Crackers	71
3.5.4	Pasta	71
3.5.5	Yoghurt and Milk	72
3.5.6	Beverages	73
3.5.7	Extruded and Expanded Snacks	73
3.6	Conclusion	77
	References	77
Chapter 4	Pigmented Barley: Phytochemical Composition, β-Glucan Content, and Applications	83
	<i>Roshanlal Yadav, Priti Guleria and Ashwani Kumar</i>	
4.1	Introduction	83
4.2	Phytochemicals in Pigmented Barley	84
4.2.1	Flavonoids	85
4.2.2	Anthocyanins	87
4.2.3	Phenolic Acid Composition	89
4.2.4	Carotenoids	90
4.3	Health Benefits and Application of Pigmented Barley	91
4.3.1	Flavonoids	91
4.3.2	Anthocyanins	92
4.3.3	Phenolic Acids	92
4.3.4	Carotenoids	93
4.4	Food Applications of Barley and its Industrial By-products	93
4.5	β -Glucan of Barley	94
4.5.1	Extraction of β -Glucan	95
4.5.2	Food Applications of Barley β -Glucan and its Fractions	99
4.5.3	Health Benefits of Barley β -Glucan	100
4.6	Conclusion	101
	References	102
Chapter 5	Pigmented Sorghum: Functional Properties and Bioactive Diversity	109
	<i>Taha Mehany, Younes M. Rashad, Babatunde Olawoye, Ilaria Cacciotti, Esua Okon Johnson, Oyekemi Olabisi Popoola, Zhong Han and Waleed M. E. Fekry</i>	
5.1	Introduction	110
5.2	Nutritional Properties of Pigmented Sorghum	113

5.2.1	Carbohydrates	113
5.2.2	Proteins	113
5.2.3	Lipids	114
5.2.4	Minerals and Vitamins	115
5.3	Phytochemical Diversity of Pigmented Sorghum and Other Bioactive Molecules	115
5.3.1	Polyphenols	117
5.3.2	Peptides	122
5.3.3	Other Bioactive Ingredients	123
5.4	Functional and Health Properties of Pigmented Sorghum	123
5.4.1	Health Benefits of Pigmented Sorghum's Bioactive Compounds	123
5.4.2	Antioxidant Potential	126
5.4.3	Antimicrobial Activity	127
5.5	Recent Updates in Pigmented Sorghum Utility in the Food Industry	128
5.5.1	Traditional Processing of Food Products	128
5.5.2	Challenges of Sorghum as a Modern Food Ingredient	130
5.5.3	Potential Use of Pigmented Sorghum in Modern Food Systems	131
5.5.4	Pigmented Sorghum for the Development of Gluten-free Foods	132
5.5.5	Pharmaceutical and Other Applications of Pigmented Sorghum	133
5.6	Conclusion and Perspectives	136
	References	137
Chapter 6	Pigmented Pseudocereals: Chemistry, Functionality, and Technological Aspects in Food Systems	144
	<i>Taha Mehany, Ahmed Taha, Babatunde Olawoye, Sameh A. Korma, Oyekemi Olabisi Popoola, Okon Johnson Esua and Muhammad Faisal Manzoor</i>	
6.1	Introduction	145
6.2	Pigmented Amaranth	148
6.2.1	Chemical Composition of Amaranth and Its Nutritional Value	148
6.2.2	Bioactive Compounds and Pigments of Pigmented Amaranth	151
6.2.3	Functional and Health Benefits of Pigmented Amaranth	152
6.2.4	Food Applications of Pigmented Amaranth	153
6.3	Pigmented Buckwheat	155
6.3.1	Chemical Composition, Nutritional, and Functional Value of Pigmented Buckwheat	155

6.3.2	Functional and Health Benefits of Pigmented Buckwheat	158
6.3.3	Food Applications of Pigmented Buckwheat	159
6.4	Pigmented Quinoa	161
6.4.1	Chemical Composition, Nutritional, and Functional Value of Pigmented Quinoa	161
6.4.2	Functional and Health Benefits of Pigmented Quinoa	166
6.4.3	Food Application of Pigmented Quinoa	168
6.5	Techno-functional Properties of Pigmented Pseudocereal (Amaranth, Buckwheat, and Quinoa) and Its Molecules in Food Systems	169
6.5.1	Solubility and Absorption	169
6.5.2	Foaming Properties	170
6.5.3	Emulsifying Properties	170
6.5.4	Gelling Properties	171
6.5.5	Flavor Binding	171
6.6	Conclusions and Future Perspectives	172
	References	173
Chapter 7	Pigmented Millets: Nutritional Quality and Potential Benefits for Human Health	181
	<i>Anupreet Kaur Sobti, Vasudha Bansal, Nitya Sharma, Priyanka Prasad, J. K. Sahu, Sukirti Joshi and Divyang Solanki</i>	
7.1	Pigmented Millets and Their Classification	181
7.1.1	Major Millets	183
7.1.2	Minor Millets	190
7.2	Composition and Distribution of Carotenoids and Anthocyanin in Pigmented Millets	195
7.2.1	Carotenoids	195
7.2.2	Anthocyanins	198
7.3	Biological Activities From Pigmented Millets	200
7.4	Conclusion	204
	References	204
Chapter 8	Pigmented and Non-pigmented Cereals: Comparative Study of Properties	207
	<i>Khongsak Srikaeo</i>	
8.1	Introduction	207
8.2	Wheat	208
8.2.1	Nutritional Composition	209
8.2.2	Bioactive Compounds	210
8.3	Rice	215
8.3.1	Nutritional Composition	216
8.3.2	Bioactive Compounds	218

8.4	Maize	221
8.4.1	Nutritional Composition	222
8.4.2	Bioactive Compounds	223
8.5	Other Cereals	225
8.5.1	Barley	225
8.5.2	Sorghum	225
8.5.3	Millet	226
8.5.4	Rye	227
8.5.5	Oat	228
8.6	Conclusion and Future Perspectives	228
	References	229
Chapter 9	Pigment in Cereals: Extraction, Quantifications, and Characterization	237
	<i>Simmi Ranjan Kumar, Anjelina Sundarsingh and Muhammad Bilal Sadiq</i>	
9.1	Introduction	237
9.2	Composition of Pigments	238
9.2.1	Carotenoids	238
9.2.2	Anthocyanins	240
9.3	Extraction of Pigments	244
9.3.1	Novel or Emerging Non-conventional Technologies	245
9.4	Quantification and Characterization of Pigments	249
9.4.1	High Performance Liquid Chromatography (HPLC)	250
9.4.2	Liquid Chromatography–Mass Spectrometry (LC -MS)	250
9.4.3	UV-vis Spectral Analysis	251
9.4.4	Nuclear Magnetic Resonance (NMR)	251
9.5	Application	252
9.6	Conclusion	253
	References	253
Chapter 10	Pigmented Cereals: Key Influencing Factors	257
	<i>Sneha Swain, K. R. Karthika Parvathy, Balasubramanian Paramasivan, Arun Prasath and R. Pandiselvam</i>	
10.1	Introduction	257
10.2	Overview of Cereal Production	259
10.2.1	Primary Cereals	261
10.2.2	Secondary Cereals	263
10.3	Key Influencing Factors of Pigment Production in Cereals	265
10.4	Nutritional and Functional Properties of Pigmented Cereals	268

10.5	Biotechnological Strategies for Pigmented Cereal Production	272
10.5.1	Genetic Engineering	272
10.5.2	Metabolic Engineering	274
10.6	Summary and Future Perspectives	275
	Conflicts of Interest	277
	Acknowledgements	277
	References	277
Chapter 11	Anthocyanins in Colored Cereals: Measurement and Composition	282
	<i>Jasmeet Kour, Maliha Afreen, Lisa F. M. Lee Nen That, İlknur Uçak, Naveen Anand and Jessica Pandohee</i>	
11.1	Introduction	282
11.2	Measurement	284
11.2.1	Extraction	284
11.2.2	Separation of Anthocyanins	288
11.2.3	Characterization of Anthocyanins	290
11.3	Composition	290
11.3.1	Rice	290
11.3.2	Wheat	290
11.3.3	Barley	291
11.3.4	Maize	291
11.3.5	Sorghum	293
11.3.6	Millet	293
11.3.7	Rye	293
11.4	Benefits of Anthocyanins from Various Colored Cereals	294
11.5	Concluding Remarks and Future Perspectives	298
	References	299
Chapter 12	Pigmented Cereals as a Source of Carotenoids	305
	<i>D. Trono</i>	
12.1	Introduction	305
12.2	Carotenoids: Chemical Structures and Biological Properties	306
12.3	Metabolic Pathways of Carotenoids	309
12.3.1	Biosynthesis	310
12.3.2	Degradation	312
12.3.3	Accumulation	313
12.4	Carotenoids and Human Health	313
12.4.1	Cardiovascular Diseases	314
12.4.2	Cancer	314
12.4.3	Neurodegenerative Disease	315
12.4.4	Visual Disorders	316

12.5	Carotenoids in Pigmented Cereals	316
12.5.1	Maize	317
12.5.2	Wheat	322
12.5.3	Rice	327
12.6	Conclusions	330
	References	331
Chapter 13	Pigmented Cereal: Dietary and Health Importance	339
	<i>Oseni Kadiri, Beatrice M. Fasogbon, Desmond O. Onobun, Momoh Emoshioke, Ruth N. Ukejeh and Pratik Nayi</i>	
13.1	Introduction	339
13.1.1	Dietary Pigmented Cereal Species	340
13.1.2	Relationship of Pigmented Cereal Composition to Diet and Health	343
13.1.3	Nutrient Contribution of Pigmented Cereals to Diet and Health	347
13.1.4	Genetic Basis of Nutritional Quality Improvement of Pigmented Cereals	349
13.1.5	Pigmented Cereals as Functional Foods and Nutraceuticals	349
13.2	Conclusion	350
	References	350
Chapter 14	The Role of Biotechnology in the Production of Pigmented Cereals	355
	<i>Ali Raza Ishaq, Rabia Batool, Shouwen Chen, Dongbo Cai and Asfandyar</i>	
14.1	Introduction	355
14.2	Nutritional Significance of Pigmented Cereals	357
14.3	Fermentation a Strategy for Pigmented Cereal Production	359
14.3.1	Features of Ideal Microbial Strain–Substrate Selection	360
14.3.2	Pigment Isolation Methods	361
14.3.3	Fermentation and Pigment Production	362
14.3.4	Factors Affecting Fermented Food	364
14.4	Commercialization in Fermentation of Pigmented Cereals	367
14.5	Genetic Engineering: a Pioneering Method for Transgenic Cereal Production	368
14.6	Prospects	369
14.6.1	Solid State Fermentation	369
14.6.2	Genetic Engineering	370
14.7	Conclusion	371
	References	371

<i>Contents</i>	xix
Chapter 15 Potential Use of Pigmented Cereals and Millets as a New Ingredient for Developing New Bakery Products	375
<i>Yash D. Jagdale, Gulzar Ahmad Nayik and Mohammad Javed Ansari</i>	
15.1 Introduction	375
15.2 Wheat	377
15.3 Corn/Maize	381
15.4 Rice	385
15.5 Barley	388
15.6 Conclusion	389
References	395
Subject Index	401