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Czech J. Food Sci.

**J. M. Ames:
Dietary Maillard**

Reaction Products. Implications for Human Health and Disease

Czech J. Food Sci., 27 (2009): S66-S69

When foods are heat processed, the sugars and lipids react with the proteins they contain via the Maillard and related reactions to form a wide range of products. As a result, the sensory, safety, nutritional and health-promoting attributes of the foods are affected. Reaction products include advanced glycation/lipoxidation endproducts (AGE/ALEs), acrylamide and heterocyclic amines (HAA), all of which may impact on human health and disease. Furthermore, some Maillard reaction products affect the growth of colonic bacteria and thermally-induced modification of dietary protein can affect allergenicity. This paper briefly reviews aspects of the Maillard reaction in food related to human health.

Keywords:

Maillard reaction; advanced glycation endproducts (AGEs); advanced

lipoxidation endproducts (ALEs),
heterocyclic amines; acrylamide;
allergenicity; colonic health

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