



بسم الله الرحمن الرحيم



شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأفلام قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأفلام بعيدا عن الغبار

في درجة حرارة من ١٥-٢٥ مئوية ورطوبة نسبية من ٢٠-٤٠%

To be Kept away from Dust in Dry Cool place of
15-25- c and relative humidity 20-40%

بعض الوثائق الأصلية تالفة

بالرسالة صفحات لم ترد بالاصل

انحصار

انتقال من سيارته

کتابخانه و مکتبہ مولانا ابوالکلام آزاد
بازار سرگودھا

٥٠٠

69

أهمل في ذكره في البغية من البغية
نحو من علمه في البغية من البغية

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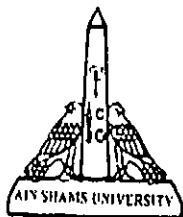
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سجدة

الموظف

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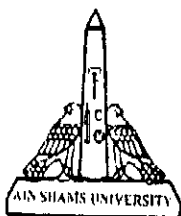
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By
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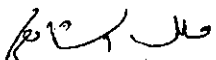


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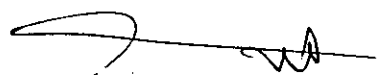
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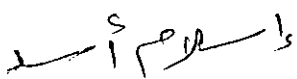

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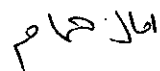

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INTRODUCTION

Introduction

Consumers today are concerned with health promoting foods. The increasing demand for health foods is to meet the requirements of target people. Considerable research has been directed towards the effect of diet on modulating plasma lipids and plasma glucose. One of the special interest has been the influence of source of carbohydrate on lipoproteins and plasma glucose. Recommendations for a healthy diet suggest that the carbohydrate content be increased to 60% or more of total energy intake with at least 45% of complex carbohydrate. This can be accomplished by increasing consumption of grains, vegetables and fruits.

Diets high in whole grains is high in complex carbohydrates, high in soluble and insoluble fiber, moderate in energy and low in fat and a good source of other nutrients such as vitamins and minerals. This dietary pattern has been associated with reduced risk of a variety of chronic diseases, like coronary heart disease. (Hyattsville, 1992 and Topping, 2001). One recent trend is to increase the fiber component in food product to overcome health problems like hypertension, diabetes and hyperlipidemia.

Barley is one of the earliest cultivated grains in the world. It is used as a staple food in Europe and USA, while in Egypt it is used mainly for malting and brewing or in animal feed. However because of the recognition of the high-soluble fiber concentration of barley grain and β -glucan in particular, there is now reemerged interest in barley as a food component.

Compared with other cereals, barley has relatively high levels of β -glucans about 2-11 g/100g (MacGregor and Fincher, 1993 and Almirall *et al.*, 1995). Soluble dietary fiber and β -glucan are