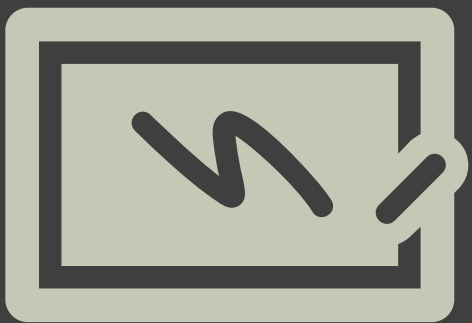


เทคนิคการสืบค้นผลงานวิชาการด้วย GOOGLE SCHOLAR รุ่นที่ 2



หน่วยสารสนเทศเพื่อการวิเคราะห์
งานสารสนเทศและห้องสมุดต่างค์ มงคลสุข
คณะวิทยาศาสตร์ มหาวิทยาลัยมหิดล
18 มิถุนายน 2568

แนะนำฐานข้อมูล GOOGLE SCHOLAR สำหรับสืบค้นผลงานวิจัยจากทั่วโลก

- ความแตกต่างระหว่าง Google และ Google Scholar
- สืบค้นข้อมูลแบบ Basic Search
- เทคนิคการใช้ตรรกบูลีน (Boolean Logic)
- สืบค้นข้อมูลแบบ Advanced Search
- รูปแบบการเขียนอ้างอิงบน Google Scholar
- จัดการข้อมูลด้วย My Library



ความแตกต่างระหว่าง GOOGLE และ GOOGLE SCHOLAR



🔍 |



Google Search

I'm Feeling Lucky



Stand on the shoulders of giants

Google

เป็น Search Engine ค้นหาข้อมูล เว็บไซต์ รูปภาพ วิดีโอ และ
สืบค้นหาทุกอย่างจากแหล่งข้อมูลออนไลน์ทั่วโลก

Google Scholar

เน้นไปที่การค้นหาบทความด้านวิชาการ ผลงานวิจัย วิทยานิพนธ์
ที่จัดทำและเผยแพร่จากสถาบันการศึกษา วารสาร สำนักพิมพ์ต่างๆ
รวมถึงแหล่งข้อมูลวิชาการที่มาจากเว็บไซต์ทั่วโลก

ผลการค้น GOOGLE

- ข้อมูลจาก Wikipedia

- Video จากช่อง
YouTube ต่างๆ

- ข้อมูลอื่น ๆ จากเว็บไซต์
ทั่วโลก



"Bamboo shoots"



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Tools ▾

 Wikipedia
https://en.wikipedia.org/wiki/Bamboo_shoot

Bamboo shoot

Bamboo shoots or bamboo sprouts are the edible shoots of many bamboo species including *Bambusa vulgaris* and *Phyllostachys edulis*.



People also ask

Is eating bamboo shoots good for you?



Why does my stomach hurt after eating bamboo shoots?



Are bamboo shoots Thai?



Who should avoid bamboo shoots?



Feedback

 tawanproduce
<https://www.tawanproduce.co.th>

Bamboo shoots 220g Sanpueng Brand

Bamboo shoots 220g Sanpueng Brand ...

THB 25.00 - In stock



Short videos



Easy Chinese



Neha Agarwal |



Bamboo Shoots: A



Delicious Thai

Bamboo shoot

Vegetable



Bamboo shoots or bamboo sprouts are the edible shoots of many bamboo species including *Bambusa vulgaris* and *Phyllostachys edulis*. They are used as vegetables in numerous Asian dishes and broths. They are sold in various processed shapes and are available in fresh, dried, and canned versions. [Wikipedia](#)

People also search for



Asparagus



Fuki



Menma



Mung bean sprouts

See more >

Feedback

ผลการค้น
GOOGLE
SCHOLAR

- ผลงานวิจัยจาก
สำนักพิมพ์ หรือ
ฐานข้อมูลต่าง ๆ

- ข้อมูล thesis จาก
สำนักพิมพ์ หรือ
มหาวิทยาลัยต่าง ๆ

- ข้อมูลจากหน่วยงาน
ภาครัฐ /
สถาบันการศึกษาต่าง
ๆ



Any time

Since 2025

Since 2024

Since 2021

Custom range...

Sort by relevance

Sort by date

Any type

Review articles

include patents

include citations

Create alert

Nutritional properties of **bamboo shoots**: potential and prospects for utilization as a health food

[N Chongtham](#), MS Bisht... - ... reviews in food science ..., 2011 - Wiley Online Library

... the health benefits of **bamboo shoots** and their ... **Bamboo shoots** are gastronomic treats whether used fresh or in fermented or roasted form. In addition to being delicious, **bamboo shoots** ...

☆ Save Cite Cited by 484 Related articles All 8 versions

[PDF] wiley.com

Full Text @ Mahidol Univ

Bamboo shoots: a novel source of nutrition and medicine

[P Singhal](#), LM Bal, S Satya, P Sudhakar... - Critical reviews in food ..., 2013 - Taylor & Francis

... species of **bamboo shoots** with processing has also been reviewed. **Bamboo shoots** possess high ... Using the traditional knowledge, pharmaceutical preparations of **bamboo shoots** like ...

☆ Save Cite Cited by 236 Related articles All 8 versions

[PDF] tandfonline.com

Full View

Value addition to **bamboo shoots**: a review

[D Choudhury](#), JK Sahu, GD Sharma - Journal of Food Science and ..., 2012 - Springer

... **Bamboo shoots** are the new culms that just emerge ... in **bamboo shoots** is due to the presence of cyanogenic glycoside taxiphyllin, which is toxic in nature. All species of **bamboo shoots** ...

★ Save Cite Cited by 210 Related articles All 10 versions

[PDF] nih.gov

Full Text @ Mahidol Univ

Physicochemical properties of **bamboo shoots** of selected species grown in Kenya and utilization as human food

[PN Karanja](#) - 2017 - ir.jkuat.ac.ke

... This **thesis** is my original work and has not been presented for a degree in any other ... 'a County for allowing sampling of **bamboo shoots** from their farm. I salute Ms. Nelly Oduor, Mr. ...

☆ Save Cite Cited by 15 Related articles All 2 versions

[PDF] jkuat.ac.ke

Governance of sustainable development: a case study of the bamboo shoot production industry in Lin'An, China

[KW Chan](#) - 2015 - orca.cardiff.ac.uk


... Writing this **thesis** has been a rewarding experience for me. I would like to ... identifies how state and nonstate actors' re-organise land property, cultivate **bamboo shoots** to rejuvenate ...


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[PDF] cardiff.ac.uk

<https://scholar.google.com/>



 My profile

 My library

SIGN IN


Google Scholar




Stand on the shoulders of giants

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 My profile

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สืบค้นข้อมูลแบบ Basic Search

SIGN IN

Google Scholar



Stand on the shoulders of giants

สืบค้นข้อมูลแบบ Basic Search

สืบค้นข้อมูลแบบ Basic Search

- Boolean Operator

AND, OR, NOT,

“ ”
...

(AND = space)

(OR = OR)

(NOT = -)

- Add Keyword

The screenshot shows a Google Scholar search for 'bamboo shoots'. The search bar at the top contains the text 'bamboo shoots' and a magnifying glass icon. To the right of the search bar is a 'SIGN IN' link. Below the search bar, the page displays 'Articles' with 'About 141,000 results (0.06 sec)'. On the right side of the page, there are links for 'My profile' and 'My library'. The main content area lists several articles. The first article is 'Nutritional properties of bamboo shoots: potential and prospects for utilization as a health food' by N Chongtham, MS Bisht, et al., published in 2011. The second article is 'Bamboo shoots: a novel source of nutrition and medicine' by P Singhal, LM Bal, S Satya, P Sudhakar, et al., published in 2013. The third article is 'Value addition to bamboo shoots: a review' by D Choudhury, JK Sahu, GD Sharma, published in 2012. The fourth article is 'Bamboo shoot processing: food quality and safety aspect (a review)' by S Satya, LM Bal, P Singhal, SN Naik, published in 2010. On the left side of the article list, there are filters for 'Any time' (Since 2025, Since 2024, Since 2021, Custom range...), 'Sort by relevance' (Sort by date), 'Any type' (Review articles), and checkboxes for 'include patents', 'include citations', and 'Create alert'. At the bottom of the page, there is a 'Related searches' section with links to 'bamboo shoots related literature', 'bamboo shoots related studies', 'fermented bamboo shoots', 'bamboo shoots components', 'bamboo shoots chips', 'phyllostachys praecox bamboo shoots', 'bamboo shoots nutrient', and 'bamboo shoots health benefits'.

Google Scholar bamboo shoots

Articles About 141,000 results (0.06 sec) My profile My library

Any time
Since 2025
Since 2024
Since 2021
Custom range...

Sort by relevance
Sort by date

Any type
Review articles

include patents
 include citations

Create alert

Nutritional properties of **bamboo shoots**: potential and prospects for utilization as a health food [PDF] wiley.com Full Text @ Mahidol Univ
N Chongtham, MS Bisht... - ... reviews in food science ..., 2011 - Wiley Online Library
... **Bamboo** fiber is now a common ingredient in breakfast cereals... the health benefits of **bamboo shoots** and their potential for ... culm is known as **bamboo shoot** or juvenile **shoot**. It is actually ...
☆ Save Cite Cited by 484 Related articles All 8 versions

Bamboo shoots: a novel source of nutrition and medicine [PDF] tandfonline.com Full View
P Singhal, LM Bal, S Satya, P Sudhakar... - Critical reviews in food ..., 2013 - Taylor & Francis
... of **bamboo shoots** is scarce. This paper therefore provides insight on **bamboo shoot** as a ... food products (fermented **shoots**, pickle, etc.) and recipes of **bamboo shoots** (**bamboo** beer, ...
☆ Save Cite Cited by 236 Related articles All 8 versions

Value addition to **bamboo shoots**: a review [PDF] nih.gov Full Text @ Mahidol Univ
D Choudhury, JK Sahu, GD Sharma - Journal of Food Science and ..., 2012 - Springer
... pattern of **bamboo shoots** in most of the ... of **bamboo shoot**-based food products in an organized manner. The present article gives an insight into the global scenario of **bamboo shoot**...
☆ Save Cite Cited by 210 Related articles All 10 versions

[HTML] **Bamboo shoot** processing: food quality and safety aspect (a review) [HTML] sciencedirect.com
S Satya, LM Bal, P Singhal, SN Naik - Trends in Food Science & ..., 2010 - Elsevier
... of **bamboo shoot** as food resource. In the present paper various **bamboo shoot** processing ... nutritive value of processed **shoot**, technological systems for removal of toxic constituent in ...
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Related searches

bamboo shoots related literature bamboo shoots chips
bamboo shoots related studies phyllostachys praecox bamboo shoots
fermented bamboo shoots bamboo shoots nutrient
bamboo shoots components bamboo shoots health benefits

https://scholar.google.com/

สืบค้นข้อมูลแบบ
Basic Search

-Boolean Operator

AND, OR, NOT,

“ ”
...

(AND = space)

(OR = OR)

(NOT = -)

Google Scholar "bamboo shoots" SIGN IN

Articles About 32,500 results (0.07 sec) My profile My library

Any time
Since 2025
Since 2024
Since 2021
Custom range...

Sort by relevance
Sort by date

Any type
Review articles

include patents
 include citations

Create alert

Nutritional properties of bamboo shoots: potential and prospects for utilization as a health food [PDF] wiley.com
Full Text @ Mahidol Univ
[N Chongtham, MS Bisht...](#) - ... reviews in food science ..., 2011 - Wiley Online Library
... the health benefits of **bamboo shoots** and their ... **Bamboo shoots** are gastronomic treats whether used fresh or in fermented or roasted form. In addition to being delicious, **bamboo shoots** ...
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Bamboo shoots: a novel source of nutrition and medicine [PDF] tandfonline.com
Full View
[P Singhal, LM Bal, S Satya, P Sudhakar...](#) - Critical reviews in food ..., 2013 - Taylor & Francis
... species of **bamboo shoots** with processing has also been reviewed. **Bamboo shoots** possess high ... Using the traditional knowledge, pharmaceutical preparations of **bamboo shoots** like ...
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Value addition to bamboo shoots: a review [PDF] nih.gov
Full Text @ Mahidol Univ
[D Choudhury, JK Sahu, GD Sharma](#) - Journal of Food Science and ..., 2012 - Springer
... **Bamboo shoots** are the new culms that just emerge ... in **bamboo shoots** is due to the presence of cyanogenic glycoside taxiphyllin, which is toxic in nature. All species of **bamboo shoots** ...
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The nutritional facts of bamboo shoots and their usage as important traditional foods of northeast India [PDF] wiley.com
Full View
[P Nongdam, L Tikendra](#) - International scholarly research ..., 2014 - Wiley Online Library
... The **bamboo shoots** are the integral ... of **bamboo shoots** and the necessity of proper processing methods to generate nontoxic consumable bamboo products. The use of **bamboo shoots** ...
☆ Save 📄 Cite Cited by 198 Related articles All 7 versions 🔗

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สืบค้นข้อมูลแบบ

Basic Search

-Boolean Operator

AND, OR, NOT, “...”

(AND = space)

(OR = OR)

(NOT = -)

- Add Keyword

The screenshot shows the Google Scholar interface with the search query "bamboo shoots" AND calcium. The search results are displayed in a list format. On the left side, there are filters for "Any time" (Since 2025, Since 2024, Since 2021, Custom range...), "Sort by relevance" (Sort by date), "Any type" (Review articles), and checkboxes for "include patents", "include citations", and "Create alert". The search results list includes:

- Bamboo shoots: a novel source of nutrition and medicine** by P. Singhal, LM Bal, S Satya, P Sudhakar... - Critical reviews in food ..., 2013 - Taylor & Francis. [PDF] tandfonline.com Full View
- Dynamics and distribution of nutrition elements in bamboos** by J Wu, Q Xu, P Jiang, Z Cao - Journal of Plant Nutrition, 2009 - Taylor & Francis. [PDF] tandfonline.com Full View
- A comparative study of nutrient components of freshly harvested, fermented and canned bamboo shoots of Dendrocalamus giganteus Munro.** by C Nirmala, ML Sharma - Bamboo Science & Culture, 2008 - search.ebscohost.com. [PDF] researchgate.net Full Text @ Mahidol Univ
- Bamboo shoot: a potential source of food security** by S Satya, P Singhal, LM Bal... - Journal of Nutrition and ..., 2011 - journals.sagepub.com. Full Text @ Mahidol Univ
- The relationship between growth, anatomical structure, and quality in different parts and stages of edible bamboo shoots of Dendrocalamus latiflorus** by L Huang, X Liao, D Ma, Z Li, Z Xu - BMC Plant Biology, 2025 - Springer. [PDF] springer.com Full Text @ Mahidol Univ

https://scholar.google.com/

สืบค้นข้อมูลแบบ

Basic Search

-Boolean Operator

AND, OR, NOT,

“ ... ”

(AND = space)

(OR = OR)

(NOT = -)

- Add Keyword

Google Scholar "bamboo shoots" AND calcium -Cyanide SIGN IN

Articles About 11,200 results (0.09 sec) My profile My library

Any time
Since 2025
Since 2024
Since 2021
Custom range...

Sort by relevance
Sort by date

Any type
Review articles

include patents
 include citations

Create alert

The relationship between growth, anatomical structure, and quality in different parts and stages of edible bamboo shoots of *Dendrocalamus latiflorus* [PDF] springer.com Full Text @ Mahidol Univ
L Huang, X Liao, D Ma, Z Li, Z Xu - BMC Plant Biology, 2025 - Springer
... **Bamboo shoots** refer to tender buds on the underground ... of **bamboo shoots**, the thickening growth of **bamboo shoots** is ... the lengthening growth of **bamboo shoots**, whereas the pith ...
☆ Save Cite Related articles All 8 versions

A comparative study of nutrient components of freshly harvested, fermented and canned bamboo shoots of *Dendrocalamus giganteus* Munro.
C Nirmala, ML Sharma - Bamboo Science & Culture, 2008 - search.ebscohost.com
... **Bamboo shoots** are largely consumed in different forms as ... (C and E) and mineral elements like **calcium**, iron, potassium and ... showed a higher content of **Ca**, Fe, K, P and Se (Table 4). ...
☆ Save Cite Cited by 115 Related articles All 2 versions

Dynamics and distribution of nutrition elements in bamboos [PDF] tandfonline.com Full View
J Wu, Q Xu, P Jiang, Z Cao - Journal of Plant Nutrition, 2009 - Taylor & Francis
... Bamboo plants were taken 1, 2, 3, 4, 5, and 6 weeks after sprouting **bamboo shoots** for determination of N, P, K, **calcium (Ca)**, and magnesium (Mg) concentrations in whole bamboo ...
☆ Save Cite Cited by 41 Related articles All 7 versions

Quantitative determination of macroelement and microelement content of fresh and processed bamboo shoots by wavelength dispersive X-ray fluorescence ... [PDF] wiley.com Full View
HK Bajwa, O Santosh, A Koul, MS Bisht... - X-Ray ..., 2019 - Wiley Online Library
... , after **calcium** ... **Bamboo shoots** are also a good source of **calcium**, which plays a vital role in neuromuscular functions, many enzyme-mediated processes, and blood clotting.19 The **Ca** ...
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Nutrient and mineral composition during shoot growth in seven species of *Phyllostachys* and *Pseudosasa* bamboo consumed by giant panda [PDF] wiley.com Full View
AL Christian, KK Knott, CK Vance... - Journal of Animal ..., 2015 - Wiley Online Library
... to culm and leaf, **bamboo shoots** should be a major ... Therefore, the overall lower concentrations of **Ca** in shoots compared to ... Similarly, bonds between **Ca** and lignin may decrease **Ca** ...
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สืบค้นข้อมูลแบบ

Basic Search

- Results : ผลการค้น

- Any time : ช่วงปีที่
ผลงานเผยแพร่

- Sort by relevance
: เรียงลำดับผลการค้น

- Any type : ประเภท
สิ่งพิมพ์

Google Scholar "bamboo shoots" AND calcium -Cyanide SIGN IN

Articles About 11,200 results (0.09 sec) My profile My library

Any time
Since 2025
Since 2024
Since 2021
Custom range...

Sort by relevance
Sort by date

Any type
Review articles

include patents
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Create alert

The relationship between growth, anatomical structure, and quality in different parts and stages of edible bamboo shoots of *Dendrocalamus latiflorus* [PDF] springer.com Full Text @ Mahidol Univ
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C Nirmala, ML Sharma - Bamboo Science & Culture, 2008 - search.ebscohost.com
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J Wu, Q Xu, P Jiang, Z Cao - Journal of Plant Nutrition, 2009 - Taylor & Francis
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Quantitative determination of macroelement and microelement content of fresh and processed bamboo shoots by wavelength dispersive X-ray fluorescence ... [PDF] wiley.com Full View
HK Bajwa, O Santosh, A Koul, MS Bisht... - X-Ray ..., 2019 - Wiley Online Library
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Nutrient and mineral composition during shoot growth in seven species of *Phyllostachys* and *Pseudosasa* bamboo consumed by giant panda [PDF] wiley.com Full View
AL Christian, KK Knott, CK Vance... - Journal of Animal ..., 2015 - Wiley Online Library
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สืบค้นข้อมูลแบบ

Basic Search

- Results : 851 รายการ

- Any time : 2020-2025

- Sort by relevance :
เรียงลำดับผลการค้น

- Any type : Review
articles

Google Scholar "bamboo shoots" AND calcium -Cyanide SIGN IN

Articles About 851 results (0.05 sec) My profile My library

Any time
Since 2025
Since 2024
Since 2021
Custom range...

Sort by relevance
Sort by date

Any type
Review articles

Create alert

Nutritional properties of bamboo shoots: potential and prospects for utilization as a health food [PDF] wiley.com
Full Text @ Mahidol Univ
[N Chongtham](#), MS Bisht... - reviews in food science ..., 2011 - Wiley Online Library
... have a high content of minerals such as K, P, Na, Mg, **Ca**, and Fe. The shoots are labeled as a heart-protective vegetable because of its high content of K that helps to maintain normal ...
☆ Save Cite Cited by 484 Related articles All 8 versions

[HTML] Mineral elements in bamboo shoots and potential role in food fortification [HTML] sciencedirect.com
Full Text @ Mahidol Univ
[N Chongtham](#), MS Bisht, [O Santosh](#), HK Bajwa... - Journal of Food ..., 2021 - Elsevier
... **Bamboo shoots** are a good source of macro and micro mineral elements. Apart from being an ... **bamboo shoots** and shoot fortified products and the prospects of using **bamboo shoots** for ...
☆ Save Cite Cited by 67 Related articles All 6 versions

[HTML] Emerging insights into the roles of the rhizome–culm system in bamboo shoot development through analysis of non-structural carbohydrate changes [HTML] mdpi.com
Full Text @ Mahidol Univ
T Hu, L Kong, S Hu, M Deng, G Yang, Q Wei, F Yu - Plants, 2023 - mdpi.com
... During this process, **bamboo shoots** ... of **bamboo shoots** [9]. However, the limited photosynthesis of shoot sheaths was still insufficient to supply such rapid consumption of **bamboo shoots** ...
☆ Save Cite Cited by 6 Related articles All 7 versions

Potential use of bamboo in the phytoremediation in of heavy metals: A review [PDF] unideb.hu
[Z Liang](#), [GP Kovács](#), [C Gyuricza](#)... - Acta Agraria ..., 2022 - ojs.lib.unideb.hu
... , forming a **calcium** concentration gradient with extracellular cells, producing **calcium** signal. ... temperature can cause an increase in **calcium** concentration, **calcium** signal transmission to ...
☆ Save Cite Cited by 9 Related articles All 6 versions

[HTML] Extraction, purification, structural characteristic, health benefit, and product application of the polysaccharides from bamboo shoot: A review [HTML] sciencedirect.com
Full Text @ Mahidol Univ
[M Wang](#), [A Yu](#), [W Hu](#), [Z Zhang](#), [Z Wang](#), [Y Meng](#)... - International Journal of ..., 2024 - Elsevier
... With people's attention to healthy diet, **bamboo shoots** are popular with more and more consumers as low calorie, high fiber, rich in vitamins and minerals. Bamboo shoot ...
☆ Save Cite Cited by 10 Related articles All 3 versions

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สืบค้นข้อมูลแบบ

Basic Search

- Save
- " Cite
- Cited by xx times
- Related articles
- All xx Versions
- Download Full Text

Google Scholar "bamboo shoots" AND calcium -Cyanide

Articles About 851 results (0.05 sec)

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Any type
Review articles

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Nutritional properties of **bamboo shoots**: potential and prospects for utilization as a health food [PDF] wiley.com Full Text @ Mahidol Univ
N Chongtham, MS Bisht... - reviews in food science ..., 2011 - Wiley Online Library
... have a high content of minerals such as K, P, Na, Mg, **Ca**, and Fe. The shoots are labeled as a health protective vegetable because of its high content of **Ca** that helps to maintain normal ...
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[HTML] Mineral elements in **bamboo shoots** and potential role in food fortification [HTML] sciencedirect.com Full Text @ Mahidol Univ
N Chongtham, MS Bisht, O Santosh, HK Bajwa... - Journal of Food ..., 2021 - Elsevier
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[HTML] Emerging insights into the roles of the rhizome–culm system in bamboo shoot development through analysis of non-structural carbohydrate changes [HTML] mdpi.com Full Text @ Mahidol Univ
T Hu, L Kong, S Hu, M Deng, G Yang, Q Wei, F Yu - Plants, 2023 - mdpi.com
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☆ Save Cite Cited by 6 Related articles All 7 versions

Potential use of bamboo in the phytoremediation in of heavy metals: A review [PDF] unideb.hu
Z Liang, GP Kovács, C Gyuricza... - Acta Agraria ..., 2022 - ojs.lib.unideb.hu
... , forming a **calcium** concentration gradient with extracellular cells, producing **calcium** signal. ... temperature can cause an increase in **calcium** concentration, **calcium** signal transmission to ...
☆ Save Cite Cited by 9 Related articles All 6 versions

[HTML] Extraction, purification, structural characteristic, health benefit, and product application of the polysaccharides from bamboo shoot: A review [HTML] sciencedirect.com Full Text @ Mahidol Univ
M Wang, A Yu, W Hu, Z Zhang, Z Wang, Y Meng... - International Journal of ..., 2024 - Elsevier
... With people's attention to healthy diet, **bamboo shoots** are popular with more and more consumers as low calorie, high fiber, rich in vitamins and minerals. Bamboo shoot ...
☆ Save Cite Cited by 10 Related articles All 3 versions

สืบค้นข้อมูลแบบ

Basic Search

- Save

- " Cite

- Cited by xx times

- Related articles

- All xx Versions

- Download Full Text

Google Scholar "bamboo shoots" AND calcium -Cyanide

Articles About 851 results (0.05 sec) My profile My library

Any time Since 2025 Since 2024 Since 2021 Custom range... Sort by relevance Sort by date Any type Review articles Create alert

Nutritional properties of **bamboo shoots**: potential and prospects for utilization as a health food [PDF] wiley.com Full Text @ Mahidol Univ

N Chongtham, MS Bisht... - ... reviews in food science... 2011 - Wiley Online Library

... have a high content of minerals such as a heart-protective vegetable because

☆ Save **Cite** Cited by 484 Related

[HTML] Mineral elements in bamboo shoot fortification

N Chongtham, MS Bisht, O Santosh, HK... **Bamboo shoots** are a good source of an ... **bamboo shoots** and shoot fortification

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Nirmala Chongtham, Madho Singh Bisht, and Sheena Haorongbam

Abstract: Bamboo is intricately associated with humans from times immemorial. Popularly known for their industrial uses, a lesser known fact of bamboos is the usage of its young shoots as a food that can be consumed fresh, fermented, or canned. The juvenile shoots are not only delicious but are rich in nutrient components, mainly proteins, carbohydrates, minerals, and fiber and are low in fat and sugars. In addition, they contain phytosterols and a high amount of fiber that can be labeled as nutraceuticals or natural medicines that are attracting the attention of health advocates and scientists alike. The shoots are free from residual toxicity and grow without the application of fertilizers. Modern research has revealed that bamboo shoots have a number of health benefits: improving appetite and digestion, weight loss, and curing cardiovascular diseases and cancer. The shoots are reported to have anticancer, antibacterial, and antiviral activity. Shoots have antioxidant capacity due to the presence of phenolic compounds. The increasing trends of health consciousness among consumers have stimulated the field of functional foods and bamboo shoots can be one of them. Bamboo fiber is now a common ingredient in breakfast cereals, fruit juices, bakery and meat products, sauces, shredded cheeses, cookies, pastas, snacks, frozen desserts, and many other food products. This review emphasizes the health benefits of bamboo shoots and their potential for utilization as a health food.

Introduction

Bamboos, tall arborescent grasses, belonging to the family *Poaceae*, both in the traditional way for the rural people as well as in modern society, bamboo is becoming a very important plant

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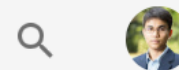
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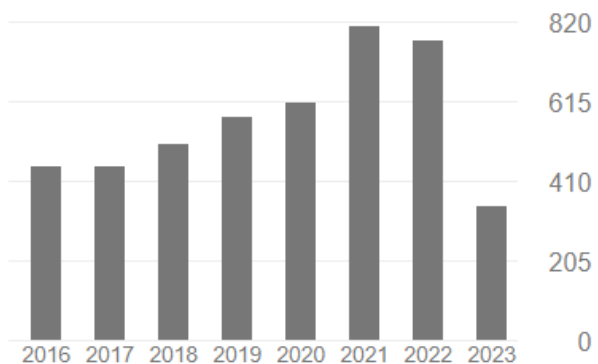
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[\[HTML\] Bamboo: Global Occurrence and Its Significance as Food and Related Products](#)

U Uprarawanna, J Kaewsritong, K Srikaeo - Crops, 2025

... might be harmful due to the presence of tannin, oxalate, heavy metals, and cyanogenic substances (cyanides) [49]. The cyanides present in bamboo shoots are degradable organic cyanides referred to as cyanogenic glycosides. Bamboo shoots ...



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V Botthoulath, IF Dalmacio, FB Elegado, NB Lantican...


... The hydrolysis of cyanide contained in bamboo shoots may be attributable to the production of extracellular linamarase during bamboo shoots ... , where they can be employed as starter cultures in fermenting bamboo shoots to develop such products ...



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[PDF] wiley.com

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[N Chongtham](#), MS Bisht... - ... reviews in food science ..., 2011 - Wiley Online Library

... have a high content of minerals such as K, P, Na, Mg, **Ca**, and Fe. The shoots are labeled as a heart-protective vegetable because of its high content of K that helps to maintain normal

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Potential use of bamboo in the phytoremediation in of heavy metals: A review

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Z Liang, GP Kovács, C Gyuricza... - Acta Agraria ..., 2022 - ojs.lib.unideb.hu

There are many literature sources focusing on the phytoremediation of woody plants, but there are only few dealing with the phytoremediation of bamboo plants. Phytoremediation ...

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Mineral elements in bamboo shoots and potential role in food fortification

[HTML] sciencedirect.com

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Bamboo shoots

N Chongtham, MS Bisht, O Santosh, HK Bajwa... - Journal of Food ..., 2021 - Elsevier

Bamboo shoots are gaining worldwide importance as a health food being a rich repository of nutrients and health promoting bioactive compounds. The young shoots offer a diversity of ...

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Y Shen, L Yang, H Peng, L Shen, G Fu, Y Wan, Y Liu... - Food and Bioproducts ..., 2024
... The **bamboo shoots** and their residues, WSDF, and biscuits were analyzed on Fourier transform infrared spectroscopy (FT-IR), X-ray ... hemicellulose in **bamboo shoots** were partially utilized by the fungi to produce WSDF. The main metal ...

[Regional variation in nutritional and flavor quality of bamboo shoots \(Pleuroblastus amarus\) and its environmental drivers.](#)
J ZHANG, K ZUO, L FAN, Z GUO, H LIN, R HU... - Chinese Journal of Ecology, 2025
... **bamboo shoots** from Shaxian than that from Longyou and Qianshan. Total flavonoids, **calcium**, and magnesium contents in **bamboo shoots** ... The fresh and sweet amino acid contents were significantly higher in **bamboo shoots** from Shaxian ...

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5. The Lancet	354	635
6. Advanced Materials	312	418
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9. International Conference on Learning Representations	286	533
10. Neural Information Processing Systems	278	436

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	e	<u>434</u>	897
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6.	The Lancet	<u>368</u>	678
7.	Neural Information Processing Systems	<u>337</u>	614
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9.	Cell	<u>320</u>	482
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11.	JAMA	<u>298</u>	498

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Title / Author	Cited by	Year
A pneumonia outbreak associated with a new coronavirus of probable bat origin P Zhou, XL Yang, XG Wang, B Hu, L Zhang, W Zhang, HR Si, Y Zhu, B Li, ... Nature 579 (7798), 270-273	24406	2020
Highly accurate protein structure prediction with AlphaFold J Jumper, R Evans, A Pritzel, T Green, M Figurnov, O Ronneberger, ... Nature 596 (7873), 583-589	23991	2021
Array programming with NumPy CR Harris, KJ Millman, SJ van der Walt, R Gommers, P Virtanen, ... Nature 585 (7825), 357-362	16924	2020
A new coronavirus associated with human respiratory disease in China F Wu, S Zhao, B Yu, YM Chen, W Wang, ZG Song, Y Hu, ZW Tao, JH Tian, ... Nature 579 (7798), 265-269	13104	2020
Quantum supremacy using a programmable superconducting processor F Arute, K Arya, R Babbush, D Bacon, JC Bardin, R Barends, R Biswas, ... Nature 574 (7779), 505-510	7931	2019

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The relationship between growth, anatomical structure, and quality in different parts and stages of edible **bamboo shoots** of *Dendrocalamus latiflorus*

L Huang, X Liao, D Ma, Z Li, Z Xu - BMC Plant Biology, 2025 - Springer

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