

## **Food: The Chemistry of Its Components**

by T. P. Coultate

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I have to express my pleasure for having the fourth edition, after the second edition (4th reprint in 1995), of this book for review. At first glance one can tell that significant additional material has been added (the format of the book is larger, as well as the number of pages).

Food: The Chemistry of Its Components is a major source of information on the chemical composition of foodstuffs frequently updated. Chemical knowledge on food components present in large amounts (sugars, lipids and proteins) is described in the first chapters (2 to 5). The following seven chapters contain data on the substances that make significant contribution to food (colours, flavours, vitamins, preservatives, undesirables and minerals). A special chapter (12) is devoted to water and its interaction with food components.

Apart from the numerous structural formulae presented, additional information is given through the tables (more than 60) and figures (more than 140). Valuable information on nutritional and health issues is also pointed out.

Each chapter ends with the "Further Reading" section, providing the readers with both, books on the specific topic, and up-to-date scientific papers.

The book will be of particular benefit to students and teachers of food science and nutrition courses at universities, colleges of further education and schools, so I cordially recommend it.

Contents:

Introduction; Sugars; Polysaccharides; Lipids; Proteins; Colours; Flavours; Vitamins; Preservatives; Undesirables; Minerals; Water; Appendix I: Nutritional Requirements and Dietary Source, Appendix II: General Texts for Further Reading, Subject Index.

*Kata Galić*