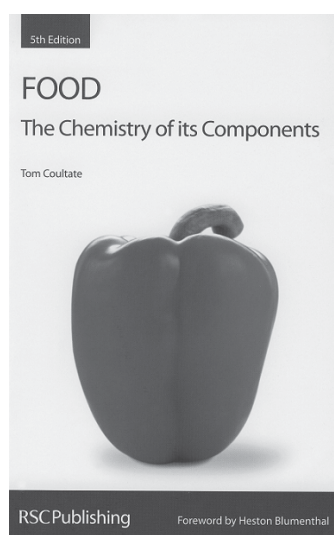


# Food: The Chemistry of its Components (5th Edition)

*Tom Coultate*

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**Food: The Chemistry of its Components** is a major source of information on the chemical composition of foodstuffs and, up to my knowledge, the most frequently updated book since its first edition in 1980. Here again the author uses the same chapter titles, which provides easy visual identification of completely new subtitles. Chemical knowledge on food components (sugars, polysaccharides, lipids and proteins) is described in the first chapters (2 to 5). Substances which make significant contribution to food, as in previous editions, are covered through further chapters: colours (6), flavours (7), vitamins (8), preservatives (9), undesirables (10) and minerals (11). Chapter 12 is devoted to water and its interaction with food components. New, greatly enlarged or totally revised topics include: Acrylamide (2) as potential human health risks, Glycaemic Index (3) as a quantitative measure of the rate of glucose influx into the bloodstream, Triglycerides (4) as an important role in metabolism and transporters of dietary fat. Apart from the above-mentioned information, new topics are also included: Myoglobin and Free Radicals, Wheat Genes and Chromosomes, Gluten Proteins (5); Flavonoids, Tannins and Health, Colour Measurement (6); Off-Flavours in Meat, Taints (7); Details on Thiamine and Pyridoxine, Ascorbic Acid, Non-vitamins (8); Favism and Total Intake of Undesirable Metals (10). Furthermore, numerous structural formulae of food components, as well as additional data, either in tables or figures, are also presented through each chapter.

Each chapter ends with the "Further Reading" section, and the fifth edition is enriched with the list of Recent Review articles.

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. I heartily recommend it.

**Contents:** Introduction; Sugars; Polysaccharides; Lipids; Proteins; Colours; Flavours; Vitamins; Preservatives; Undesirables; Minerals; Water; Appendix: Nutritional Requirements and Dietary Source, Subject Index.

*Prof. Dr. Kata Galić*