

Book Reviews

***Dietary Fibre Analysis*; by D.A.T. Southgate; The Royal Society of Chemistry, Cambridge, 1995, 174 pages, ISBN 0-85404-556-2, £39.50**

Diet and dietary requirements are of constant concern both to the scientific community and the public in general. Everyday there are images thrown at us trying to guide us in our decisions about nutritional requirement. Studies after studies are carried out; perhaps there is just too much information for our own good. Fibre, seen as one of the major constituents of a healthy diet, and as studies have shown, of great importance and hence requires extensive research if not only to aid in such areas as quality control.

The text under review provides an authoritative, comprehensive and up-to date profile for any professional scientist working within the food industry. It contains numerous protocols and nutritional information associated with roughage in food and hence can be classified as a vital source for any practising food analyst. The text covers various areas ranging from the chemistry and properties of dietary fibre to analytical strategies with reference to characterisation and detailed measurement.

Where relevant, the text is aided by well presented diagrams, orthodox tables and extremely detailed flow charts enabling accurate and precise reproduction of the methods mentioned within. *Dietary Fibre Analysis* is primarily aimed at the professional researcher and perhaps even at higher education lecturers specialising in food science.

Over all, this book is well presented, a good length (having 174 pages), thorough and a very useful text. Another fine publication from the Royal Society of Chemistry range of Food Analysis Monographs.

J.F. Kennedy, J.D. Law
*Birmingham Carbohydrate & Protein Technology Group,
The University of Birmingham, Edgbaston, Birmingham
B15 2TT, UK*

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***Complex carbohydrates in food*, S.S. Cho, L. Prosky, M. Dreher; Marcel Dekker, New York, 1999, 676 pages, ISBN 0-8247-0187-9, US\$195.00**

Diet and dietary requirements are of constant concern both to the scientific community and the public in general. This is good for you, that is not. Everyday there are images thrown at us trying to guide us in our decisions about nutritional requirement. Studies after studies are carried out, perhaps there is just too much information for our own good. Fibre however, seen as one of the major constituents of a healthy diet, is as studies have shown, of great importance and hence requires extensive research if not only to aid in such areas as quality control.

The text under review provides an authoritative, comprehensive and up-to date profile for any professional scientist working within the food industry. It contains numerous protocols and nutritional information associated with roughage in food and hence can be classified as a vital source for any practising food analysis. The text covers various areas ranging from the chemistry and properties of dietary fibre to analytical strategies with reference to characterisation and detailed measurement.

Where relevant, the text is aided by well presented diagrams, orthodox tables and extremely detailed flow charts enabling accurate and precise reproduction of the methods mentioned within. Although quite complicated, they are presented in such a manor that they are easy to follow and therefore aid and further the understanding of the subject in hand. Although the contents of the book are well presented it could be stated that the text under review is primarily aimed at the professional researcher and perhaps even at higher education lecturers specialising in food science.

Over all, this book is well presented, a good length (having 174 pages), thorough and a very useful text. Another fine publication from the Royal Society of Chemistry range of Food Analysis Monographs.

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The University of Birmingham, Edgbaston, Birmingham
B15 2TT, UK*

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