

## Book Review

### **Food Intolerance and the Food Industry**

Taraneh Dean (Ed.); Woodhead Publishing Limited, Cambridge, 2000, xii + 228 pages, ISBN 1-85573-497-4, £115.00

Food allergy and intolerance are a growing problem for the consumer and the food industry. Some estimates suggest that as many as 20% of consumers have a perceived problem with food intolerance. Food processors and retailers are under pressure to identify and remove an increasing range of potential allergens from products, and to give accurate information to consumers about ingredients.

*Food Intolerance and the Food Industry* provides an authoritative guide to the key issues in dealing with food intolerance within the food industry. The introduction explains the key terminology and the mechanisms of food intolerance and food allergy. There are then a series of chapters on key issues for food manufacturers and all those concerned with minimising exposure to allergens in food. Expert contributors cover manufacturers' legal responsibilities, current labelling requirements and international sources of information on allergens. Given the complexities of distinguishing food allergy from other conditions, there are chapters covering symptoms, diagnosis

and treatment. The collection also covers the range of analytical techniques for detecting food allergens and good manufacturing practice in the handling of food allergens by food processors. There is also coverage of the work of support organisations for individuals with food intolerance and their expectations of the food industry. Given the increasing scale of the problem, a major chapter explores the epidemiology of food intolerance, covering problems of definition, patterns of growth and likely future trends.

The book provides an up-to-date, clearly written and presented compendium, equally of value as a textbook or as an essential reference tool. It will be an indispensable guide for production managers and nutritionists within the food industry as well as providing an authoritative source of current information for all those concerned with understanding and managing food intolerance.

J.F. Kennedy\*

Q. Huang

*Chembiotech Laboratories,  
Institute of Research and Development,  
University of Birmingham Research Park,  
Birmingham B15 2SQ, UK*

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\* Corresponding author.