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Book Review

Antioxidants in food: practical applications

J. Pokorny (Ed.); Woodhead Publishing Limited, Cambridge, UK, 2001, xv + 380 pages, ISBN 1-85573-571-7, £17.50

Antioxidants inhibit the development of oxidative rancidity in fat-based foods, particularly meat and dairy products and fried foods. The food processing industry therefore regards it as an important ingredient. Antioxidants represent a class of substance with varying chemical structures and a diverse mechanism of action. Of most importance is their reaction with lipid free chemicals to form inactive products. Recent research suggests a role of antioxidants in limiting cardiovascular disease and cancer. *Antioxidants in foods* provides a review of the functional roles and their potential exploitation in the food industry.

The book opens with an introduction followed by four sections. Section 1 discusses antioxidants and food stability. Chapters two to four of this section are devoted to the development, inhibition and measurement of antioxidant activity. Section 2 looks at antioxidants and health. Chapter's five to seven addresses the current research of antioxidants in inhib-

iting cardiovascular disease and possessing antitumour properties. The food industry has been directed towards the use of natural antioxidants rather than synthetics and has become a major trend and is the topic of Section 3. Chapters eight to ten outline the range of sources of natural antioxidants. Section 4 describes the practical applications. Chapters eleven to fifteen address the possible exploitation of natural antioxidants and also covers issues on regulation, preparation and functionality.

The book is well presented and contains detailed references. It is of valuable reference for researchers in the area of food science and technology for academics and industrialists.

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