



Book Review

Food Chemical Composition: Dietary Significance in Food Manufacturing (Key Topics in Food Science and Technology, No. 6)

Tim Hutton; CCFRA/RSC, Chipping Campden/Cambridge, UK, 2002, vi + 111 pages, ISBN 0-905942-50-7

Nobody can live without foods. Foods provide our energy and body mass needs or help with metabolic processes. People need to get the nutrition from foods to keep alive. Nowadays, food products not only require convenience and safety but also demand good flavour and specific dietary attributes, such as lower fat levels. Hence food manufacturers and processors tend to improve both the quality of the food and the specific requirements from consumers. Despite food being so important, there is widespread misunderstanding of food—what it is, where it comes from, how it is produced and its role in our lives? Although aimed primarily at food industry recruits and trainees, this book will also be of interest to those interested in a career in the food industry, food science and technology students, food technology teachers, trainee enforcement officers and, established personnel within industry seeking a broad overview of food composition.

The nature and occurrence of the different chemical components of food, and the steps that food

manufacturers and processors have to take in relation to the dietary aspects of food are the main topics discussed in this book. It begins with an overview of the chemistry of the major groups of nutrients and their role in the body, and follows this with a similar discussion of non-nutrients such as flavour components, anti nutrients and toxicants found in food. Using this as a base, it then explores some common and well established dietary related conditions and describes how food manufacturers, processors and retailers approach these, and their implications for product labelling, as part of the industrial activity of food production. Finally drawing the conclusion: food is comprised entirely of chemicals.

This book explains to those without expertise in food chemistry, some of the basics of food chemical composition, but with a strong industrial slant.

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