

Book review

Food, Diet and Obesity, D.J. Mela (Ed.), Woodhead Publishing Ltd., Cambridge, UK (2005). xxii+521 pp., ISBN: 1-85573-958-5

Food and diet are an important part of our lives but what is also linked to this is obesity. The percentage increase of obesity has increased rapidly in recent years, which is also raising concern and questions for health professionals, food companies and consumers.

In this book about *Food, Diet and Obesity*, we are informed in great depth of what is linked to and what causes obesity, food and nutrition intake, the links between weight control and nutrition and how obesity can be prevented and weight can be controlled. We are introduced to every chapter and then told in detail of the sections that come under that chapter before concluding and summarising it or advising and recommending to people what can be done if needed.

This book contains twenty-four chapters of which twenty-three of them have been split into three parts; Part I, Part II and Part III. Part I contains the factors that contribute to obesity for example physical activity, childhood obesity, portion sizes, the psychology of overeating and so on. Part II goes on to tell us of the influences of macronutrients on weight loss. It includes chapters on energy density and weight control, dietary fibre, dietary fat,

alcohol etc. Part III is all about commercial strategies, functional targets and agents in weight control. The chapters included are fat oxidation, community-based approaches to prevent obesity, calcium, the effectiveness of popular diets, the use of very-low-calorie diets (VLCDs) and meal replacements and so on.

The objective of this book is to inform people about food and how to eat a balanced diet with not too much and not too less of each nutrient. If you do not have a balanced diet, do not eat the correct amounts of food and/or do not eat the right foods, take very little or no part in exercise or physical activity, you will eventually become obese. The book also contains information on what we can do to prevent obesity and at the end of many chapters we are given advice and recommendations which can and will help people have a healthy and balanced diet as well as enough exercise.

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