

## Book review

**Henry, C.J.K. (Ed.) Novel food ingredients for weight control, Woodhead Publishing Ltd., Cambridge, UK, 2007 (xiv + 358 pp., £135.00, ISBN 1-84569-030-4).**

The word novel foods in this day and age brings to mind the balance needed for a healthy diet for both adults and children. Including the right balance between the major food groups, and taking into account their impact upon our diets, weight control and well being. With high occurrence of obesity, dietary diseases like type 2 diabetes, and digestive disorders like irritable bowel syndrome, it is important to ask – do we really have the balance right or do we still have a long way to go?

*'Novel Food Ingredients for Weight Control'* discusses the ingredients and implications of very different food groups and their role in digestion and metabolism in our diets, obesity and weight control. The book is divided into three distinct parts, the first of which covers lipid metabolism and the body's response to hunger and satiety, lipogenesis, glycaemic control, insulin resistance and sugars and sweeteners control, and their respective impact on obesity. Grains, fruits and vegetables and non-digestible oligosaccharides, dietary fibre intake and their important role in gastro-intestinal processes, and new developments in modified carbohydrates with lower glycaemic index and slowly digestible and resistant starches are covered in detail in the second part; also hydroxycitric acid from the fruit of

*Garcinia cambogia* and *Hoodia gordonii* used as bulking agents in high fibre diets, and the availability and effects of  $\beta$ -D-glucans in such diets. The third and final part presents dairy-based ingredients which can help regulate weight. It covers the use of food constituents such as calcium, conjugated linoleic acid, polyunsaturated fatty acids and trans-free oils and fats including omega-3 fatty acids that we see so regularly in advertising. Their effects on weight control and how our body metabolises omega-3 and omega-6 fatty acids and which foods contain the most significant sources is discussed, although the mechanism behind the benefits of these fatty acids is not yet clear. It seems that they have various roles in the cell including functioning as signalling molecules.

In conclusion, this volume is aimed at industrial professionals and nutritionists but also has a great deal of information that would prove invaluable for any individuals that wish to look further into the science of foods and their correlation with weight control, diabetes and digestion.

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