

# Book Review

*Nutritional Biochemistry*, by Tom Brody, Published by Academic Press, San Diego, Orlando, 1993.

This intermediate-level text written for upper level courses in nutrition represents a good compromise between biochemical and physiologic aspects of nutrition. The strength of this volume lies, however, in its descriptive biochemistry of the standard nutrition topics that provides a good background for interested students. Another strong feature is the wide use of examples of research findings that illustrate principles described in the content of a chapter.

The text consists of nine lengthy chapters. The chapters on macronutrients and micronutrients are preceded by an introductory essay on nutrition and two chapters on intestinal function and nondigestible nutrients. Two appendices, one on animal diets and a second on modern molecular methods, add a modest research flavor. No glossary is included, but the index is fairly comprehensive.

While the organization of the chapters is somewhat un-

usual for a nutrition text, the material presented is reasonably current, and the thoroughness of the coverage is adequate. For example, descriptions of the water-soluble vitamins are mixed in a random way with the fat-soluble vitamins, but common information about each major group of vitamins remains difficult to find. A similar comment could be made for the minerals. The section on dietary fiber was somewhat confusing. The reference sections for each chapter are extensive. Many of the currently exciting research areas in nutrition, given only brief mention in this first edition, should receive broader coverage in the next version.

This offering should please teachers of nutrition because of the fresh views and the illustrative examples provided by the author.

**John J.B. Anderson, Ph.D.**

*Department of Nutrition*

*University of North Carolina at Chapel Hill*

*Chapel Hill, NC USA*