



## Book Review

### **Chemical and Functional Properties of Food Lipids**

Z.E. Sikorski, A. Kolakowska (Eds); CRC Press, Boca Raton, FL, 2003, 388 pages, ISBN 1-58716-105-2

The sensory and nutritional properties of many foods are largely attributed to lipids. There are various types of lipids which have a varied role in performing functions in plants and animal organisms. In the food industry the use of enzymatic and chemical processes allow generation of desired lipids to fulfil the requirements of the nutritionists, consumers and processors which in turn has an effect on the food quality. In *Chemical and Functional Properties of Food Lipids* an accurate account of recent knowledge is presented on various aspects of food lipids in food systems including content, occurrence, functional properties and others. It also examines technical properties, reactivity and health related topics of food lipids.

This well documented book begins with two chapters on the roles of lipids in food quality and their distributions in various food structures. Chapters 3 and 4 go on to describe the nomenclature, structure and rheological properties of lipids. Chapters 5, 6 and 7 bring to attention the new knowledge on phospholipids, cholesterol and phytosterols

and fat-soluble vitamins. The significance of lipid oxidation with reference to the sensory and nutritive attributes in food quality is described in chapter 8. Chapter 9 refers to the techniques utilised for the analysis of lipids while chapter 10 associates lipids with human nutrition. Lipids occurring in plants, milk, fish and eggs are further described in detail in chapters 11–14. In depth information on modified lipids and frying fats is covered in chapters 15 and 16. Lipid protein and lipid polysaccharide interactions remain the topic of chapter 17.

The book is prepared by many contributors specialising in their respective areas. There are numerous references at the end of each chapter many of which can be obtained in other languages. All the diagrams and tables are clearly presented. The volume is of interest to food scientists in industry and academia, nutritionists and for any one else with interests in lipids and food components.

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