



## Book review

**Gunstone, Frank, Chemistry of oils and fats – sources, composition, properties and uses, Oxford: Blackwell Publishing Ltd., 2004, xv + 304 p. Price £95.00, ISBN 1405116269**

Oils and fats are products from plant and animal tissues that are of importance for both the chemical and the food industries. Most introductory texts tend to have a strong emphasis on scientific aspects relevant to one of these industries, but this book stands out for the breadth of its coverage. Frank Gunstone is one of the leading authorities in the field of oils and fats, and his background as an Emeritus Professor of Organic Chemistry makes him well placed to have a detailed understanding of the properties and synthesis of lipid classes, which is of relevance to the oleochemical industry, as well as the properties of oils and fats of significance for their applications in food.

The book describes the sources and constituents of oils and fats; extraction, refining and processing; structures and synthesis of fatty acids and lipids; physical and chemical properties of lipids; nutritional properties;

and edible and non-edible uses of oils and fats. Although I would have preferred to see a more detailed discussion of antioxidants, a wide range of topics are discussed and the author manages to pack a surprising amount of detail into the book. This can be attributed to the careful selection and prioritisation of the information to be included. The bibliography and references at the end of each Chapter include references to a good selection of recent literature for the interested reader to develop their knowledge further. The book has clearly been carefully edited and contains few errors.

In summary, I would recommend this book as an excellent introductory text for purchase by students and technologists interested in the properties of oils and fats.

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