
Publications

Book reviews

Current Concepts in Nutrition, Vol. 9, Nutrition and Gastroenterology, edited by Myron Winick (John Wiley and Sons Inc., 605 Third Ave., New York, 1980, 221 pp., \$37).

This book is intended to inform physicians and nutritionists about the latest research showing the importance of the gastrointestinal tract in the maintenance of good nutrition and the importance of good nutrition in the maintenance of proper gastrointestinal function.

Part 1 is concerned with the processes by which nutrients are digested and absorbed. It starts with a discussion of the structure of the gastrointestinal tract. Detailed accounts of the absorption of fat, carbohydrate, protein and calcium follow.

Part 2, which deals with malabsorption of various nutrients, includes discussions of various diseases associated with malabsorption such as regional ileitis, ulcerative colitis, peptic ulcer, alcoholism and diseases of the liver. These chapters include discussions of currently available treatments for the malabsorptive states.

The subjects of part 3 are the effect of early nutrition on the development of the gastrointestinal tract and the way in which malnutrition alters its function. The second chapter in this part deals with both cellular and immune changes in the gastrointestinal tract in malnutrition.

The overall quality of the book is good. Most chapters are very well illustrated. The chapter on structure of the gastrointestinal tract, which emphasizes ultrastructure, contains 21 electron micrographs; most other chapters have clear and useful diagrams.

Nutrition in Health and Disease, by Myron Winick (John Wiley and Sons Inc., 605 Third Ave., New York, 1980, 261 pp., \$15).

This book covers major issues in nutrition as they relate to health and disease. It is designed as a textbook for medical and dental students and for students of other health professions. It also can serve as a practical guide for medical practitioners.

The text is divided into four parts. Part I deals with nutrition during the life cycle and part II with nutrient deficiencies. Part III is concerned with nutrient excess and includes discussions on excess of vitamins, minerals, food additives and alcohol. The use of diets in prevention and treatment of disease is the subject of part IV. This section includes a discussion of diets for the general public; diet and diseases of the gastrointestinal tract; and dietary modifications in renal disease, hypertension and diabetes. It concludes with a discussion of enteral and parenteral nutrition.

The level of the material presented is in keeping with the expected background of the intended audience. No extensive knowledge of biochemistry is required. The book

emphasizes practical approaches to the use of diet in the prevention and treatment of disease and patient-health professional interaction. It can be recommended as a sound text for students of the health professions. Readers of the *JAACS* engaged in teaching undergraduates in these professions may wish to consider it as a recommended text.

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The Book of Tempeh, Professional Edition, by William Shurtleff and Akiko Aoyagi (Harper and Row, 10 E. 53rd St., New York, NY 10022, 1979, 245 pp., \$16.95).

Tempeh, made by fermentation of precooked, whole soybeans, probably originated in Java hundreds of years ago. Now it is the most popular soy protein food in Indonesia and is becoming available in the West. Fermented soybeans or other fermented legumes, seeds, cereal grains or combinations thereof are bound together by the mycelium of *Rhizopus* mold giving compact cakes or pieces that can be sliced or fried. The flavor and texture are reported to resemble Southern fried chicken. This book provides comprehensive information about the many types of tempeh, methods of preparation and use, eating quality and nutritive value. In addition, the authors promote soy tempeh as a source of high quality protein and other nutrients for persons in developing countries or vegetarians, and as a potential economical, palatable substitute for meat or poultry. Tempeh is a rich source of vitamin B₁₂ if it is made starting with a culture containing bacteria as well as a *Rhizopus* mold.

Over 130 recipes for Indonesian rice dishes (modified by using brown instead of polished white rice), special sauces and tempeh are included. Indonesian-style cooking is described and Indonesian tempeh recipes are emphasized. Detailed instructions also are given for the use of tempeh in many Western-style and oriental recipes. Methods for the preparation of tempeh at home, in a community, or in Indonesian shops, as well as for making tempeh starter are explained in the text and illustrated by attractive line drawings.

The Book of Tempeh is recommended to persons who want to learn about the preparation, composition and uses of tempeh, and to those interested in recipes representative of Indonesian cuisine. The Professional Edition of this book contains several appendices giving more information about the varieties and sources of tempeh, soy foods in Indonesia, and the microbiology and chemistry of tempeh fermentation. The glossary describes ingredients used in Indonesian cookery and other Indonesian fermented foods.

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