

BOOK REVIEW

Oat Bran. Peter J. Wood (editor). St. Paul, Minnesota: American Association of Cereal Chemists (3340 Pilot Knob Road, St. Paul, MN 55121-2097). 1993. Pp. 164. \$90. No ISBN given.

This compact volume of six chapters by nine recognised experts satisfies a need which is clearly set forth in the Foreword by the editor, Dr. P.J. Wood: "In 1989, the public appetite for oat bran was at its peak. Both the product itself and media reports describing miraculous health benefits were avidly consumed. . . . the American Association of Cereal Chemists. . . . suggested that a book be compiled that would attempt to describe the nature of oat bran, its means of manufacture and properties and what was known about its physiological effects." This book fully satisfies the worthwhile attempt to set forth the actual facts and it does it with full coverage of the subject.

The chapters describe: 1) Structure of Oat Bran and Distribution of Dietary Fiber components (R. Gary Fulcher and S. Shea Miller); 2) Current Practice and Novel Processes (D. Paton and M.K. Lenz); 3) Comparisons of Dietary Fiber and Selected Nutrient Compositions of Oat and Other Grain Fractions (J.A. Marlett); 4) Physiochemical Characteristics and Physiological Properties of Oat (1-3), (1-4)-B-D-Glutean (P.J. Wood); Physiological Responses to Dietary Oats in Animal Models (F.L. Schinnick and J.A. Marlett); 6) Hypocholesterolemic Effects of Oat Bran in Humans (J.A. Anderson and S.R. Bridges). Each chapter contains a comprehensive bibliography of literature cited, and there follows a detailed index.

The American Association of Cereal Chemists has published a number of outstanding books which I have reviewed. I consider this volume to be one of the finest, particularly from the point of view of coverage and presentation of the latest scientific data which corrects some of the misunderstandings and misinformation that has been in circulation.

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