

BOOK REVIEW

The Omega 3 Program:
Your food guide to health & healing

Author: Shamala Ratnesar
Publisher: McGraw Hill Australia
Date: 2002
Pages: 196
Cost:

Shamala Ratnesar has written a very comprehensive work on the omega 3 fatty acids. She is a clinical dietitian, with a Master of Science (Nutrition and Dietetics) from the University of Wollongong. In the words of the author, "This book is different. It places importance on health."

The subject matter has been well researched and it is presented to the readers in an easy-to-read logical way. It has 15 chapters, 4 appendices and a useful reference section.

The book is divided into seven parts, including; A Nutritional Revelation, Omega 3's in the Life Cycle, Omega 3's and Disease Prevention, Nutrition Management of Specific Conditions, The Omega Way of Life, Revolutionise your Diet with omega 3's, and The Taste of Life – Recipes. The appendices include a food list showing omega 3 content of foods, more about fats, fish and seafood: purchasing and handling, and important nutrition and health terms.

This is the first comprehensive book on omega 3 fatty acids published in Australia which provides the reader with a thorough account of the background research to omega 3 fatty acids, through to how to plan recipes for enriching the diet with omega 3 fatty acids.

That being said, the book focuses on good nutrition dealing with variety in food choice and useful tips on eating low glycemic index foods. Each recipe is accompanied by details on the nutritional value per serve and details of preparation and cooking time and serving suggestions. This book will be a very useful addition to your library.

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Professor of Food Science