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All humans need sufficient energy and nutrients for living, but peoples, cultures, families, and individuals fulfil this basic need in diverse ways. This book comprehensively reviews plants used in the Asian diet and made significant beneficial contributions to nutrition and health. Migration of populations out of their native lands caused expansion of many useful plants all over the world. Nowadays, most of the species mentioned in this book are grown and used in different parts of the world and not only in Asia.

After general Introduction, the book is divided into seven chapters. The first chapter "Grains" is focused on two most cultivated plants wheat and rice, and further on different millets and buckwheat. The second chapter "Vegetables" deals with cucurbits, brassicas, alliums, green leafy vegetables, legumes and tubers. The main fruits mentioned in chapter three are apple, pear, peach, apricot, cherry, mango, banana, litchi, rambutan, longan,

tamarind, jackfruit, mangosteen and citrus. "Fat and oils" (Chapter 4) are mostly extracted from sesame, coconut, flax and rapeseed. "Beans and nuts" (Chapter 5) are important sources of proteins. Red gram, chickpea, fava bean, lentil, adzuki bean, cowpea, mung bean, blackgram, soybean, velvet bean rice bean, almond, pistachio and walnut are mentioned in this chapter. Large collection of plant species is described in chapter 6 "Spices". Finally, a small chapter is devoted to herbal beverages (tea) and subsequents (areca nut and betel).

For each plant species, the author provides Latin and common names, family, origin, places of cultivation, importance in human diet and in medicine, use in different dishes or in food-processing industry.

This readable book contains a lot of information interesting not only for specialist of agronomy, food industry or pharmacology but mainly for nonexperts. It is a great pity that illustrations are missing.

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