

Review of *Vegetables and Fruits: Nutritional and Therapeutic Values*, by Thomas S. C. Li. Boca Raton, FL: CRC Press, 2008. Reviewed by Fu Zhuo, University of Missouri-Kansas City, Kansas City, Missouri.

A treasured and comprehensive resource, *Vegetables and Fruits: Nutritional and Therapeutic Values*, will impress anyone hoping to take advantage of daily "natural" vegetables and fruits for salubrious purposes. Broadening the scope of health and nutrition knowledge, more than 200 species of vegetables and fruits are covered by this timely and "green" title for agricultural researchers, nutritionists and health educators, and the general public. It is invaluable for promoting awareness of how to lead a healthier life in North America. Furthermore, many of the vegetables and fruits mentioned in this book are easily found in other countries, a benefit for readers around the world. It not only opens the door to a healthy lifestyle for individuals but is also a shining path toward a natural, sustainable, and green future for all.

As the title suggests, the book focuses on nutritional and therapeutic values and information related to specific vegetables and fruits. It begins with a general introduction to essential human nutritional substances such as proteins, vitamins, minerals, and fiber contained in vegetables and fruits. Chapter 1 focuses on nutritional and therapeutic values of vegetables with an English name listed alphabetically. Chapter 2 covers the aspect of vitamins and minerals of vegetables. Chapter 3 presents the flavonoid, isoflavone, and carotenoid contents in raw vegetables. Chapter 4 describes the nutritional and therapeutic values of fruits. Chapter 5 is dedicated to the vitamins and minerals of fruits. Finally, Chapter 6 addresses the importance of using vegetables and fruits to protect and enhance human health. Ample references and a detailed index are included. Appendices list scientific and English names to provide readers with a convenient guide to locating each specific vegetable or fruit.

While primarily written for researchers, manufacturers, and producers, much of the information is applicable to others, such as public health educators, nutritionists, dieticians, and business entrepreneurs. The healthful properties in vegetables and fruits shown in this superb book can help prevent disease and make people's lives healthier. This title is an authoritative, comprehensive, and informative reference tool. It is highly recommended for public and academic libraries.