

BOOK REVIEWS

CALORIES AND CARBOHYDRATES, by *Barbara Kraus*, \$7.95. 322 pages, New York, Grosset & Dunlap, Publishers, 1971.

Physicians and dietitians who favor a restricted carbohydrate intake in the treatment of diabetes and obesity will be pleased with this new book. The author has compiled a dictionary of 7,500 brand names and basic foods, and included their carbohydrate content and caloric values. We found it accurate and well arranged. It is well bound and printed on paper of good quality. The volume is easy to work with, and any patient of average intelligence should be able to use it to advantage. It is unfortunate that protein and fat contents were not listed, as this would make it much more helpful for diabetic patients. It will, nevertheless, be useful, as she has included many foods favored by ethnic groups that are not widely available in the other source books.

THE DIABETIC AT WORK AND PLAY: A MODERN MANUAL FOR DIABETICS WITH THE LATEST INFORMATION ON ORAL DRUGS, DIABETIC CAMPS, RESEARCH AND MANY OTHER NEW TOPICS, by *Boris R. Boshell, M.D.*, \$8.75. 195 pages, Springfield, Illinois, Charles C. Thomas, Publisher, 1971.

Because a major part of the responsibility for his care rests with the individual with diabetes, adequate indoctrination of the patient is essential to good management. This manual is directed at the more sophisticated patient and, in places, at his physician.

After a review of the types of diabetes, and their signs and symptoms, there are chapters describing treatment with diet, insulin, and with the oral hypoglycemic agents. A list of dietary exchanges for certain brands of canned and packaged soups and other "combination foods" is particularly useful. It is unfortunate, however, that the chapter on oral agents was prepared too early to permit a discussion of the UGDP Study with which many patients are familiar.

The discussion of diabetic complications is frank, "but somewhat less optimistic than this reader would like to see in a manual for patients. There are a few other points which some physicians might wish to discuss further with their patients. Desensitization to insulin, described in some detail in the book, requires closer supervision by the physician (in many cases in the hospital) than the uninformed reader might assume. If illness interferes with the dietary intake, the patient should be cautious about reducing his previous insulin dose; and the transient effect of glucagon in hypoglycemia makes it imperative that sugar be taken promptly upon recovery. In both instances, the text should be clearer.

On the other hand, the listing of camps for children with

diabetes by state, the chapter covering the organization of lay societies, the glossary and the index, will be helpful to many patients and their relatives. This manual is a useful aid in the care of the patient with diabetes, and will require a minimum of discussion with the patient to tailor it to his physician's philosophy.

GOURMET RECIPES FOR DIABETICS; THE INTERNATIONAL DIABETIC DIET BOOK, by *Dorothy Tompkins Revell*, \$9.50. 181 pages, Springfield, Illinois, Charles C. Thomas, Publisher, 1971.

The basic premise of this book is that people who have diabetes need not eat a monotonous, unimaginative diet. They may eat a variety of foods previously disapproved of by dietitians and physicians so long as those foods meet the requirements of the diet as prescribed. Mrs. Revell allows a deviation of 5 gm. of carbohydrate and 3 gm. of protein from the diet prescription. These deviations may be considered too liberal by some authorities.

The author reviews the subject of the accepted "Exchange Lists" and proceeds to expand these lists with convenience foods, products concerning concentrated sucrose, and snack-type items. These are acceptable within the deviations of carbohydrate and protein already established. The carbohydrate replacements for stress should be valuable to many patients.

The discussion of carbohydrate distribution and calculation is readily understood. The point stressing why the purchase of special diabetic foods is unnecessary is well made. It should prompt people to read labels as well as follow professional advice.

The recipe section provides many new ideas and interesting variations of older recipes. The calculations are acceptable within the limits set by the author.

The International section adds zest to the book. A few recipes are lacking complete calculations; however, it is doubtful that anyone with diabetes would confine his eating to such exotic foods and an occasional feast would be well counterbalanced by intelligent daily meal planning.

It is interesting to note the discussion related to cholesterol. The recipes are quite high in saturated fats and cholesterol as cream, eggs, butter and cheese appear frequently. This area would be subject to the decision of the attending physician.

Mrs. Revell has provided good recipes that should help relieve the doldrums of the diet. Over-all, it is a well done collection with high quality information that could be used by anyone who has a basic knowledge of the Exchange Method.