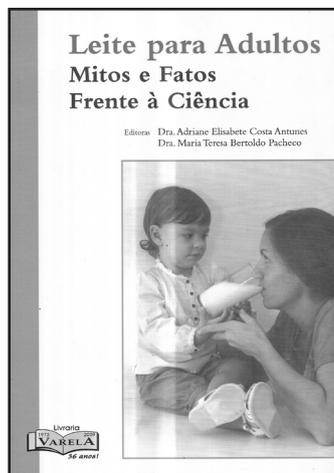


ANTUNES, A.E.C.; PACHECO, M.T.B. *Leite para adultos: mitos e fatos frente à ciência.* (Milk for adults: myths and facts in science) São Paulo: Varela, 2009. 457 p.



This book, edited by the Brazilian researchers Antunes and Pacheco, makes a significant and up-to-date contribution encompassing the current knowledge of milk and the controversies surrounding its consumption by adults. The book is divided into four parts and 19 chapters. These parts are: I. Milk: a polemic food, containing 6 chapters; II. Milk: a

nutritious food, with 3 chapters; III. Milk: a source of functional ingredients, with 7 chapters and IV. Milk and the historic evolution, comprising 3 chapters. The concepts of the book and of each chapter were written by experts from the area. Concepts, research methods and results are presented in clear and objective language, which facilitates reader comprehension. Further, driven by the polemic concerning milk consumption by adults, a review of the literature was performed in order to elucidate what is myth and what is fact in the milk-man relationship. According to the authors this book built on the work “a scientific tribunal mediated by a group of professionals from the areas of Nutrition, Biology, Medicine, Food Engineering, Husbandry, Agronomy, Pharmacy, Chemistry, Biochemistry and Economy, aiming to present scientific evidence on the subject”. Undoubtedly, this book is a useful reference for professionals and students from biological areas who are interested in milk and its consumption by adults.

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