

Ho, C-T., Osawa, T., Huang, M-T., Rosen, R.T. (ed.): **Food Phytochemicals for Cancer Prevention II**. ACS Symposium Series 547. - American Chemical Society, Washington 1994, 370 pp.

Certain plant derived chemicals (phytochemicals) have shown inhibitory activity toward mutagens and carcinogens. These reports have increased interest in the anticarcinogenic activity of a wide variety of phytochemicals. Volume I of this publication covered phytochemicals in fruits and vegetables, and their chemical and biological properties as well as their effects on health. Volume II covers chemical and biological properties of phytochemicals in teas, spices and oriental herbs. The introductory chapter deals with the multistage model of carcinogenesis- initiation, promotion and progression and demonstrates that phytochemicals may block one or more steps in this process. Further chapters focus on the inactivation of oxygen radicals by dietary phenolic compounds and on the prevention of cancer by agents that suppress production of oxidants. Cancer incidence has shown to be lower in countries where the diets are vegetarian or semivegetarian. Close review of these studies suggests these benefits are not totally due to fiber content alone, but to the presence of other agents in plants. The core of the publication deals with the presence of various anticarcinogenic agents in teas, rosemary, *Glycyrrhiza* plants, labiate herbs, barley, marine organisms, *Eucalyptus* leaf wax, ginger, sesame seeds, flax seeds, ginseng *etc.* This ACS publication provides valuable data both for oncologists and researchers in the field of biochemistry and food science.

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