

Book Review

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| Title of Book | Saveurs Partagées: La Gastronomie Adaptée aux Troubles de la Déglutition | | |
| Author(s): | Gaelle Soriano (RD), Michele Puech (SLP) Chefs: Pascal Sidobre & Christian Chevallier | | |
| Editor: | Solal | Release Date: | 2011 |
| Origin (Country): | Marseilles, France | Language: | French |
| Number of Pages: | 127 | Cost: | 17€ (~\$23.50CAD) |
| Level of Read | Easy | | |
| Objective of Book: | Recipe book for individuals requiring a modified texture diet, while providing an introduction to basic nutrition | | |
| Overall Critique: | A user-friendly, easy to read recipe book designed for individuals requiring a modified texture diet. Recipes created by chefs with actual swallowing difficulties thus providing a sense of compassion. As certain foods may not be tolerated, <u>realistic</u> alternatives are suggested to prevent nutrient deficiencies. Not only is it a recipe book, but also provides basic information regarding overall nutrition and modified textures. | | |
| Recommended for Patients: | Yes | | |
| Summary: | <ul style="list-style-type: none"> - Introduction of the book stressed: <ul style="list-style-type: none"> o Eating meals is a social gathering and should be enjoyable for everyone o Recipes in book created to appeal to individuals with or without swallowing difficulties o Eating a modified texture diet can still be enjoyable - Provided a sense of encouragement to the reader - The following topics were then briefly discussed: <ul style="list-style-type: none"> o Straightforward explanation of modified textures o Basic nutritional information, focusing on carbohydrates, fats, protein, vitamins, minerals, fiber, water - Total of 80 recipes included <ul style="list-style-type: none"> o Divided by category (cold & hot appetizers, meat/fish/eggs, toppings, complete meals, sauces/gravies, desserts) o Each recipe includes name of the recipe, level of difficulty, cost, consistency (minced/pureed), category, ingredients, instructions, nutritional value per portion (kcal, protein, carbohydrate, fats) o Layout of recipes are easy to follow and are visually appealing - Pictures and diagrams present throughout book | | |
| Limitations: | <ul style="list-style-type: none"> - Following information missing: <ul style="list-style-type: none"> o Example of a food item high in Vitamin A, D, E, K o Quantities/portions required for each food group (authors used the food pyramid as a guide) o Portions in sample menu o Preparation/total time of recipe - Authors claimed vitamins A, D, E, K = "found in fat" – which may be misleading and unclear - B-vitamins mainly found in cereals, however authors only mentioned fruits and vegetables | | |
| Prepared by: | Laura Sergi, McGill Dietetics Student, Level IV | | |
| Date: | November 2011 | | |