Preface

In December 2017, I received an email from De Gruyter offering me the opportunity to write a book about chemistry and biochemistry of food, a subject that I had been teaching at the Faculty of Chemistry of the University of Sevilla for 17 years at that time. After a period of hesitation, I was persuaded by my wife, Isabel, to seize this opportunity; therefore, I took up the task of writing a book that aimed at graduate students of chemistry, biology, biochemistry, and similar areas of study, as well as undergraduate students with an adequate chemical background. During its writing, the book has not only grown beyond my initial plans but has also taught me much about science and about myself. I hope that this effort will help readers to learn and understand a bit more about the scientific bases of foods and nutrition. Science is an ever-changing process and I have tried to reflect that along the book, knowing that many of its contents will be amended, discarded, and/or extended in the future, because this is at the core of the scientific method.

I express my acknowledgment to a number of people who have helped me. First, I am most grateful to colleagues who agreed to write some of the chapters: Dr. José María Vega Piqueres, Emeritus Professor of Biochemistry at the University of Sevilla; Dr. Javier Vigara Fernández, Associate Professor of Biochemistry at the University of Huelva; Dr. María Montaña Durán-Barrantes, Associate Professor of Chemical Engineering at the University of Sevilla; and Dr. Victoria Valls-Bellés, Associate Professor of Physiology at the University Jaume I of Castellón de la Plana.

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I hope that my students have learned at least something about the chemistry of life in my lectures as well as in the final year projects and master's and doctoral theses I have supervised. I can say that I have also learned a lot from them along the years and hope to learn more in the future. This book is also dedicated to them.

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