

*Nutritional Anemias*, edited by Usha Ramakrishnan, 2000, 280 pages, hardcover, \$89.95. CRC Press, Boca Raton, FL.

This book is intended for an audience of public health professionals, who will find it of great value. A better title would be *National and International Public Health Aspects of Nutritional Anemias*. Editor Usha Ramakrishnan, who holds a degree in international nutrition from Cornell University, is an assistant professor in the Department of International Health at Rollins School of Public Health at Emory University. Ramakrishnan's research interests include maternal and child nutrition and micronutrient malnutrition, including iron undernutrition and, to a much lesser extent, folate and vitamin B-12 undernutrition. The book is not of particular value to physicians and dietitians, who are better served by reading about nutritional anemias in the latest edition of the standard textbook in their respective fields (ie, textbooks of hematology, clinical nutrition, medicine, or clinical dietetics).

Of the 12 chapters in *Nutritional Anemias*, only 3 are of any significant value to practicing physicians and dietitians: "Prevalence and Causes of Nutritional Anemias" by Lindsay Allen and Jennifer Casterline-Sabel, "Assessment of Nutritional Anemias" by Sean Lynch and Ralph Green, and "Functional Consequences of Nutritional Anemia in Adults" by John Beard. These 3 chapters recapitulate the excellent work and reviews published by these authors in the *American Journal of Clinical Nutrition* and other journals and textbooks and presented at the annual meetings of the Federation of American Societies for Experimental Biology, the American Society for Nutritional Sciences, and other health professional organizations. Much of the public health work on iron reported in this book was presented at the International Nutritional Anemia Consultative Group (INACG) Symposium in Hanoi, Vietnam, on February 15 and 16, 2001. INACG is an arm of the International Life Sciences Institute of Washington, DC, which, it is hoped, may publish the proceedings of the Hanoi Symposium, as it did some of the abstracts submitted to the symposium.

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tional advances on disease prevention. The experts express their opinions in clear and concise reviews of some controversial topics. They imply that appropriate nutritional approaches will reduce chronic diseases by up to 30% and specify the programs to advocate. Topics include strategies for community and government interventions; associations between nutrients, phytochemicals, and foods (for example, calcium, sodium, soy isoflavones, antioxidants, fat, n-3 polyunsaturated fatty acids, and fish) in relation to diseases (for example, osteoporosis, hypertension, cancer, ischemic heart disease, and diabetes); and reviews of homocysteine, exercise and sports, herbs, fetal nutrition, nutritional epidemiology, biotechnology, and the Internet. In many chapters, the authors' reviews were taken mainly from their prior publications; however, the chapter references are abundant and current. A major advantage of the book is that it is a compilation of many reviews of topics in preventive nutrition.

Noteworthy topics include a definition of *cause* in the context of the relation between diet, nutrients, and disease; a model discussion of antioxidants and cardiovascular disease; an informative discussion of homocysteine; and a provocative discussion of the effect of fetal malnutrition and catch-up growth on cardiovascular disease in adult life. The book contains helpful tables summarizing the ergogenic potential of nutrients in theory and in practice. However, the 5-page chapter on sodium and other dietary factors in hypertension, which has 10 references, does not do justice to this important topic. Missing from the chapter on epidemiology is information on data management and analysis. The chapter on biotechnology should have included a discussion of its possible adverse effects on the environment (for example, the problem with kudzu in the southern United States). The reader might differ with the editors' conclusion in the concluding chapter on nutrition in the 21st century that mechanistic complex research be disregarded in favor of simple epidemiologic research.

All in all, this is an interesting book and could serve as an introductory text or reference for many of the topics relating nutrition to health promotion and disease prevention and may provide a baseline of information for more extensive exploration.

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*Nutritional Health—Strategies for Dietary Prevention*, edited by T Wilson and NJ Temple, 2001, 352 pages, hardcover, \$69.50. Humana Press Inc, Totowa, NJ.

In this book, through 20 chapters written by experts, the editors endeavor to convey the impressive effect of new and exciting nutri-

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*Nutraceuticals and Functional Foods*, edited by Robert EC Wildman, 2001, 542 pages, hardcover, \$119.95. CRC Press, Boca Raton, FL.

*Nutraceuticals and Functional Foods* is part of the CRC series *Modern Nutrition*. The book contains 31 chapters that address a

range of useful topics. The first 2 chapters, written by the editor, Robert Wildman, set the stage by providing a historical perspective and classification of nutraceuticals. The chapters that follow address selected isoprenoids, phenolic compounds, protein- and amino acid-based derivatives, carbohydrate-derived products, fatty acids, phytoestrogens, and other lipids in the context of their use as nutraceuticals. The potential of selected foods, condiments, and herbs as functional foods is also addressed. Several chapters discuss topics related to probiotics and prebiotics. The final chapters focus on stability testing and social marketing of nutraceuticals and functional foods.

Most of the chapters are written by basic scientists, who provide good overviews on the chemistry and basic biological functions of the compounds and foods chosen for their putative or potential value as nutraceuticals. Because the conclusions are mostly guarded, it is easy to recommend this volume as a desk reference for those who wish to have an accessible resource that is concise, yet covers a broad range of topics. Numerous figures, diagrams, and tables are included that are helpful in defining proposed mechanistic functions. Some of the chapters provide well-organized tables containing compositional data that are useful in identifying specific foods as sources of flavonoids, capsaicinoids, antioxidant vitamins, carotenoids, allyl mercaptans, etc. At some level, all who identify themselves as nutritionists must have an informed perspective regarding the functional use of foods and nutraceuticals in health promotion. *Nutraceuticals and Functional Foods* could be useful as background reading in developing such a perspective. As Nancy Childs eloquently points out in her chapter on marketing issues and nutraceuticals, when the Food and Drug Administration chose to ignore the exploding number of health claims promoted by food marketers, it tacitly condoned a marketing process that now allows the indiscriminate advertising of selected foods as medicinals. For those who wish to develop or need a perspective on nutraceuticals and so-called functional or medicinal foods, this book could be a good place to start. It contains a wealth of information that is balanced and thoughtfully presented. The book as a whole is timely, well written, and well referenced, especially the chapters dealing with food chemistry and composition.

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***Clinical Nutrition: Parenteral Nutrition***, 3rd ed, edited by John L Rombeau and Rolando H Rolandelli, 2001, 623 pages, hardcover, \$110. WB Saunders Company, Philadelphia.

The introduction of total parenteral nutrition in the 1960s helped to establish nutrition support as a specific therapeutic entity. The field of nutrition support is based on the tenets that nutrient depletion causes morbidity and mortality and that the prevention or cor-

rection of nutrient deficiencies can minimize or eliminate the adverse effects of malnourishment. Studies have generally not been able to show that parenteral nutrition improves the natural history of many diseases, in part because of the serious complications associated with this vital, but artificial, method of feeding as well as our limited understanding of the underlying mechanisms by which parenteral nutrients and stress alter metabolism.

The 3rd edition of *Clinical Nutrition: Parenteral Nutrition* continues the tradition of providing practitioners with state-of-the-art scientific information on nutrition support. The book reviews all of the core competencies needed to practice nutrition support and includes an authorship of dietitians, nurses, nutritionists, pharmacists, and physicians. Excellent practical information is provided. The in-depth discussions are timely and include comprehensive reference lists and many relevant figures and tables.

Thirty chapters are included in the book. The first 7 chapters review the history of parenteral nutrition, metabolic response to illness, metabolic assessment, parenteral access, and the nutrient components of parenteral nutrition solutions. The chapters on lipid emulsions and parenteral formulas are particularly well written and useful to practitioners. The chapter on metabolic assessment has an excellent discussion of the new technologies available for the assessment of body composition, including bioelectrical impedance analysis and magnetic resonance spectroscopy. The chapter on trace elements and vitamins includes detailed tables summarizing the assessment of essential inorganic and organic micronutrients. Chapters 8 and 9 review the common complications of parenteral nutrition: hepatobiliary disease and metabolic bone disease.

Eleven of the 30 chapters focus on the use of parenteral nutrition in a specific disease state, such as pancreatitis, gastrointestinal disease, short bowel syndrome, trauma, burns, AIDS, and obesity. Treatment algorithms are included for initiating parenteral nutrition in specific conditions. The use of subjective global assessment in identifying which patients might benefit from perioperative nutrition support is stressed. These chapters overlap some with the first 7 chapters regarding metabolic assessment, the components of parenteral nutrition solutions, and the lipid emulsions available. The text could have been shortened by organizing the chapters into 3 or 4 sections and then editing the text to reduce repetition.

Two chapters are devoted to parenteral nutrition in neonates and the general pediatric population, and 2 chapters are devoted to home parenteral nutrition, including a discussion of financial issues. A separate chapter is devoted to nutrient pharmacotherapy; the use of growth factors is discussed in several chapters. The last chapters review ethical issues in parenteral nutrition.

In summary, this is a comprehensive reference text on parenteral nutrition that continues the excellent tradition established in previous editions. The book is probably too specialized to be used as a textbook for a course in clinical nutrition; however, it is an excellent reference for nutrition support practitioners and nutrition researchers.

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