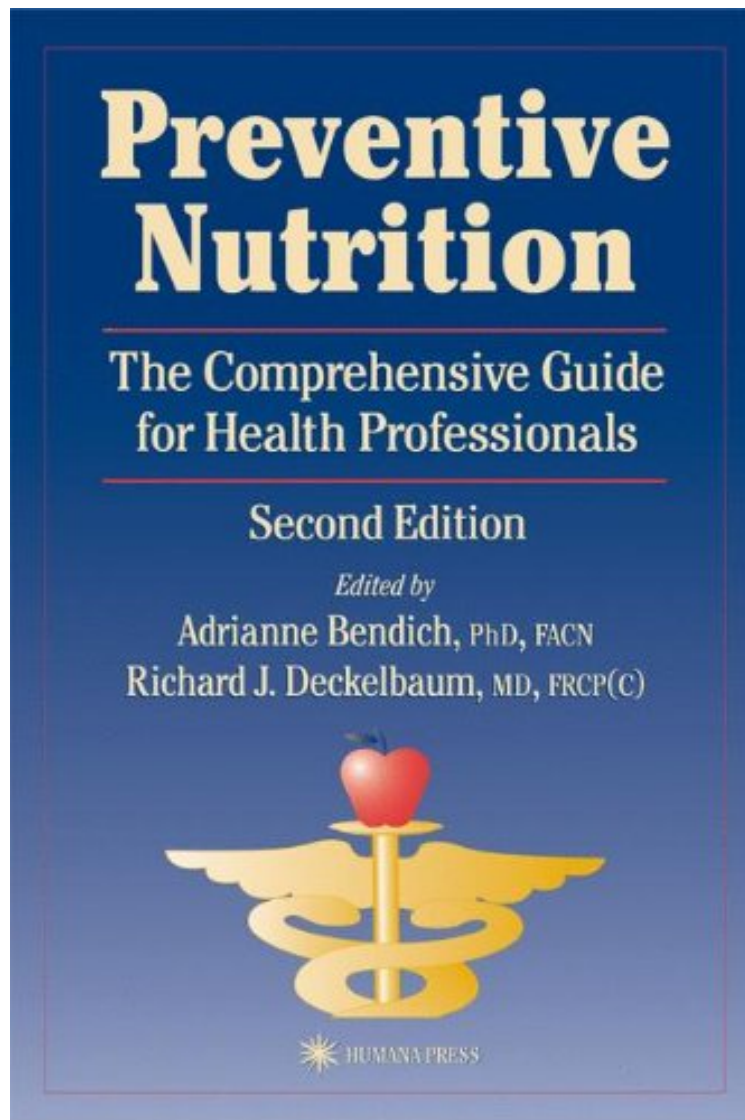


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## **Preventive Nutrition: The Comprehensive Guide for Health Professionals (Nutrition and Health (Totowa, N.J.).)**

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The information presented in this book is out-dated and deeply flawed. It is however, very politically correct. You'll love this book if you believe that: 1) sugar causes does not deleterious effects; 2) saturated fat is deadly; and 3) polyunsaturated fats are healthy.

In this richly enhanced second edition, leading nutritionists, public health experts, and clinicians bring up-to-date and extend this now classic guide to improving individual health outcomes through nutrition. The new edition encompasses the broadest range of topics, from cancer and cardiovascular disease to infectious disease in children, from reproductive and prenatal nutrition to global public health nutrition strategies. Each chapter provides an overview of the field, a discussion of the author's own research and its implications, and recommendations for various patient groups based on the totality of evidence rather than on the findings of any single study. Authoritative and readily accessible, *Preventive Nutrition: The Comprehensive Guide for Health Professionals*, 2nd edition, is the most comprehensive and up-to-date textbook in the field. It provides practicing health professionals with a critical synthesis of all the newest research, demonstrating that the risk of many of the major diseases affecting middle-aged adults can be prevented, or at least delayed, with simple nutritional approaches.

*Preventive Nutrition*, 2nd edition has expanded to keep abreast of recent developments in nutritional sciences, is an extremely important and timely resource for physicians and other health professionals to seek valuable nutritional information...[It] encompasses a broad range of topics, from cancer and cardiovascular disease to infectious disease in children, and from reproductive and prenatal nutrition to global public health nutrition strategies. This book is notable not only for its comprehensiveness but also its up-to-date scientific information...Many cutting-edge developments in nutrition and health are reviewed in detail...This book gives careful consideration to practical dietary recommendations for all relevant nutritional factors...The integration of theory and practice will undoubtedly benefit physicians and other health professionals in achieving a deeper understanding of nutritional sciences and providing dietary counseling. Drs. Bendich and Deckelbaum are to be commended for *Preventive Nutrition*, 2nd edition, which remains the most comprehensive and up-to-date textbook in the field. - Foreword by Frank B. Hu, MD, PhD, Harvard School of Public Health, and JoAnn E. Manson, MD, DrPH, Harvard Medical School, Boston, MA This book is recommended for the health professional as a readable, concise resource for up-to-date information. - *American Journal of Clinical Nutrition* "an outstanding book a very important contribution that will be of great value to many healthcare workers in the US and abroad." 4 Stars! - *Doody's Health Sciences Book Journal* "Scientists and clinicians in the field of nutrition and related fields must own this book to have a truly complete library provides a valuable resource to assess the latest thinking about a nutrient and health-risk reduction." - *American Scientist* "an excellent source for the health care practitioner who wants to more clearly understand all the pertinent issues in nutrition as they relate to the current health of his or her patients." - *Journal of the American College of Nutrition* "an excellent resource for public health professionals looking for accurate, up-to-date and comprehensive information on current research and recommendations on nutrition in the prevention of disease and disability." - *Canadian Journal of Public Health* "highly recommended" - *Food and Nutrition Bulletin* s of the first edition: an excellent source for the healthcare practitioner who wants to more clearly understand all the pertinent issues in nutrition as they relate to the current health of his or her patients strongly recommend[ed] to anyone in the field of primary care or nutrition for quick reference. - *Journal of the American College of Nutrition* easy to read It could provide invaluable information to those developing nutrition intervention strategies and would make an invaluable resource to seek and purchase for reference libraries. - *Journal of Human Nutrition and Dietetics* this book is highly recommended, not only for its practical and objective coverage of many important nutritional and health issues, but also for the concise summaries and specific recommendations on them at the end of each chapter. - *Food and Nutrition Bulletin* "This book should appeal to a broad audience of nutritionists, dietitians, healthcare providers, educators, and a substantial number of the lay public...The chapters generally have an abundance of tables and a modest number of figures that summarize the findings of a large number of scientific investigations...This is an outstanding book...It is a very important contribution that will be of great value to many healthcare workers in the U.S. and abroad. It serves as a milestone of important nutritional measures for the prevention of chronic disease." 4 STARS - *Doody's Health Science Book Journal* an excellent resource for public health professionals looking for accurate, up-to-date and comprehensive information on current research and recommendations on nutrition in the prevention of disease and disability. - *Canadian Journal of Public Health* an important resource for physicians interested in nutrition provides a scientific basis to evaluate the health claims of nutritional products [and] answer the nutritional inquiries of patients nothing quite like it in scope and achievement for dealing with preventive nutrition. - *Endocrinologist* should find a place on the bookshelves of all health professionals who recognise the role of diet in health promotion; in particular, dieticians, nutritionists and medical practitioners who are regularly faced with questions on nutrition and disease prevention. - *South African Medical Journal* Each chapter is well referenced...This book is recommended for the health professional as a readable, concise resource for up-to-date information. *American Journal of Clinical Nutrition*