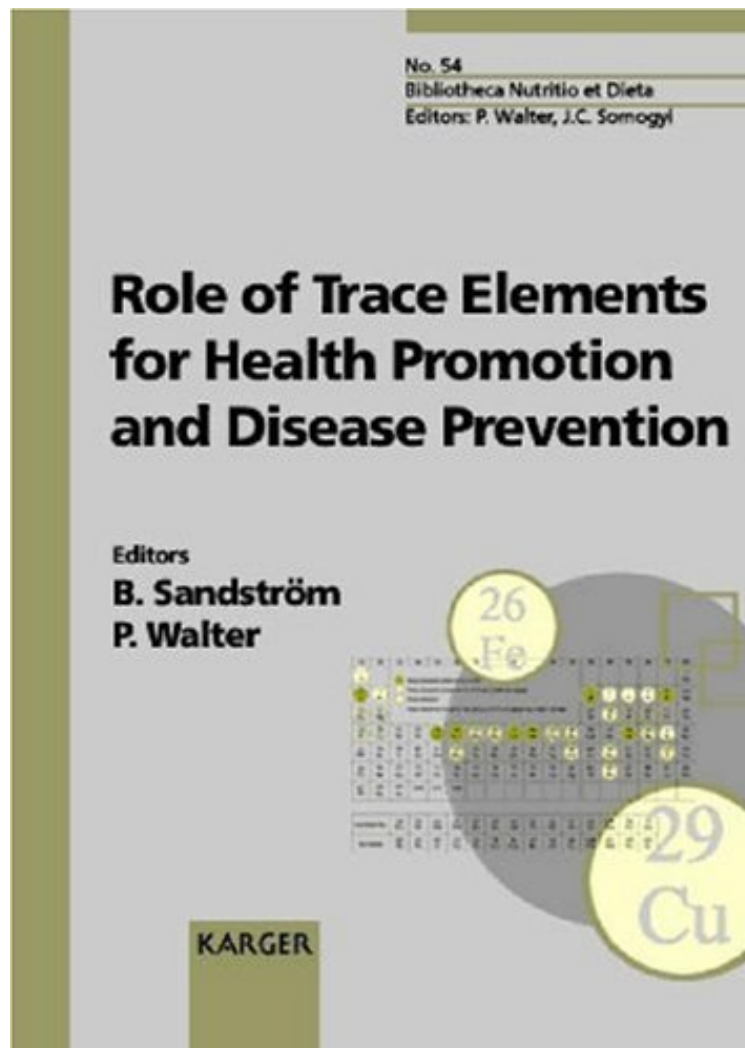


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Trace elements are involved in almost every biochemical process in body cells, and inadequacy or unbalance of trace element supply consequently affects a number of physiological functions. Recently developed and improved analytical techniques have strongly contributed to an increased understanding of the role of trace elements for health and disease. This publication gives an excellent overview of the present knowledge concerning their significance in a number of conditions. The specific problems in evaluating trace element intakes and status are highlighted. An adequate nutrient supply is particularly important in periods of growth, especially for infants, children and pregnant women. Improvement of trace element status through food fortification or supplementation is another central theme of this volume. Moreover, the biochemical and epidemiological evidences that they play a role in the prevention of coronary heart disease, cancer and osteoporosis are discussed. To keep track of the exciting developments in the field of trace elements, this publication is important for nutritionists, dietitians, pediatricians, general practitioners, public health professionals and food technologists alike.