



## **Preventive Nutrition: The Comprehensive Guide for Health Professionals (Nutrition and Health)**

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# Preventive Nutrition: The Comprehensive Guide for Health Professionals (Nutrition and Health)

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Evidence-based nutritional interventions are now a critical component of preventive medicine, employed in a wide variety of medical scenarios. Preventive Nutrition: A Comprehensive Guide for Health Professionals, Fourth Edition gives health professionals up-to-date, comprehensive reviews that evaluate the dietary practices and interventions that have been shown to reduce disease risk and improve health outcomes. This is the flagship volume for the book series, Nutrition and Health, which has become an essential tool for health professionals.

As the state of global health and nutrition have changed much since the publication of the Third Edition, this major revised and expanded Fourth Edition includes newly authored chapters and features analysis of the results of the Women's Health Initiative, the largest intervention study ever undertaken and completed in postmenopausal women. Other new material includes chapters reviewing the evidence concerning econutrition, micronutrients and major cancers, and cognitive function and other mental health areas. Also discussed are the importance of gastric acid secretions, the nutritional effects of current therapies, and the latest information on the biology of obesity and its relationship to Type 2 diabetes. One key new feature of this edition is a chapter on behavioral strategies to help assure compliance with dietary regimes, maximizing the health benefits of preventive nutrition.

The authors have created the most comprehensive and up-to-date review of the nutritional strategies available for the prevention of disease and the promotion of health through nutrition. Patients are looking for credible information from their health care providers about a whole range of subjects covered here, including  $\beta$ -carotene, lycopene, antioxidants, folate, and the myriad of bioactive phytochemicals found in garlic and other foods. With sections on cardiovascular disease, diabetes, and pregnancy among many others, this volume will be of great value to practicing health professionals, including physicians, nutritionists, dentists, pharmacists, dieticians, health educators, policy makers, health economists, regulatory agencies and research investigators. An entire section covers nutrition transitions around the world including Eastern Europe, Latin America and Asia as well as goals for preventive nutrition in developing countries.

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