



Clinical Dietetics and Nutrition, 4th ed, by FP Antia and Philip Abraham, 1998, 524 pages, softcover, \$49.50. Oxford University Press, Delhi, India.

The preface to this text states that this book “will be useful to dietitians and medical students and intelligible to the literate housewife.” The authors have generally achieved this goal, as long as the reader is interested primarily in basic information with an emphasis on foods and food patterns.

The text is divided into 4 sections: Nutrition, Foods, Clinical Dietetics, and Tables of Food Values. The Nutrition section includes chapters on macronutrients and individual micronutrients. Many of the chapters are brief, sometimes only 2 pages in length, resulting in very basic coverage of nutritional topics. A disadvantage of this is that limited information is provided on the metabolism of dietary compounds and no structures are given, nor are any metabolic pathways diagrammed to aid the reader. This approach presumes a need on the part of the reader for just a simple overview or prior knowledge of the essentials of nutrition. The authors do include a good amount of relevant clinical information and descriptions of medical syndromes in most chapters. The Foods section provides information on the composition, processing, digestion, and clinical use of 17 different foods and food categories typically used in India. The Clinical Dietetics section contains 32 chapters covering topics including liver diseases, diarrhea and dysentery, other gastrointestinal conditions, protein-energy malnutrition, anemia, diabetes, renal disease, cardiovascular disease, and life cycle issues. Important omissions to this list of topics covered include the nutritional management of patients with cancer, HIV infection, or AIDS and client educational strategies. Additionally, there is no chapter on nutritional assessment techniques, formulas for estimating nutrient needs, or how to interpret biochemical data. Care should be taken to evaluate the nutrition therapy recommendations for clinical conditions because some are somewhat out of date on the basis of current US practice or are overly simplistic in approach. The final section of the book consists of tables of food values, the 1989 US recommended dietary allowances, and desirable height and weight tables for US and Indian men and women. The food-composition tables are useful in that they combine information from existing US, UK, and Indian food data and provide a resource for data on commonly consumed Indian foodstuffs.

The strong point and focus of the book’s approach is the practical application of foods knowledge to a variety of clinical situations, with suggested menus (vegetarian and nonvegetarian) applicable to clients of Indian descent. However, the text is lacking in detailed nutrition information and sophisticated medical nutrition therapy appropriate for dietetics students, practitioners,

or medical students. Mainly, this text would be useful for providing general background nutrition information on foods used in India and by persons of Indian descent.

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Pediatric Nutrition, volume 8, edited by Ram Reifen, Aaron Lerner, David Branski, and Hugo SA Heymans, 1998, 261 pages, hardcover, \$275. S Karger AG, Basel, Switzerland.

Pediatric Nutrition, volume 8 in the series *Pediatric and Adolescent Medicine*, is a well-written, concise book covering many important topics in the field of pediatric nutrition. The topics are current, are appropriately selected, and include some more unusual topics such as osteoporosis, hyperlipidemia, and dietary fiber in childhood. The book presents the latest research findings and contains practical information for patient care, including the nutritional management of immunocompromised pediatric patients, the metabolic and nutritional support of critically ill children, and the nutritional management of children with cystic fibrosis, inflammatory bowel disease, and short-bowel syndrome. New insights are provided into the interactions between malnutrition and muscle function and the immune system. Pediatricians in primary care, subspecialists in academic medicine, and other health care providers (nutritionists and nurse practitioners) will find this book useful in their daily practice. The chapters on cystic fibrosis, metabolic and nutritional management of critically ill children, dietary fiber in childhood, and new fuels for enteral and parenteral nutrition are excellent. The chapter on short-bowel syndrome is also well written, although the section on treatment is not pediatric based. The chapter reviews the physiologic considerations of short-bowel syndrome, effects of intestinal resection, adaptation of the intestine, and complications. The chapter “Recommended Dietary Allowances: Changing Concepts” is not as complete as possible and does not discuss the new guidelines for adequate intake and upper limits recently described by the Food and Nutrition Board. The etiology of obesity is reviewed in detail, but current aspects of treatment are not presented. There is an excellent discussion of leptins and their potential significance in the pathogenesis of obesity. Although the chapter on inflammatory bowel disease does not discuss growth failure in detail, the discussion of nutrition as a primary therapy is superb. The

pediatric aspects of osteoporosis and hyperlipidemia are succinctly dealt with in their respective chapters. Readers will find the chapters "Vitamin A in Pediatric Nutrition" and "Nucleotides in Infant Nutrition: Effects on Immune Function" clinically relevant and useful.

In summary, the book is well written, current, and concise and will be useful to physicians and others who care for children. The editors have done an excellent job in their choice of topics. The book is a welcome addition to the field of pediatric nutrition.

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Modern Nutrition in Health and Disease, 9th ed, edited by Maurice E Shils, James A Olson, Moshe Shike, and A Catharine Ross, 1999, 1951 pages, hardcover, \$105.00. Williams & Wilkins, Baltimore.

This new edition of the outstanding clinical nutrition textbook is not only a timely and comprehensive update of nutrition information, but is truly a revision of the encyclopedic resource for students, educators, investigators, and practitioners. A Catherine Ross has joined the previous experienced team of editors, led for several decades by Maurice Shils. This edition has been reorganized and enlarged. It contains 10% more pages, weighing 4.35 kg, and has significantly more chapters (115) and authors (169) than the previous edition published in 1994.

Part I reviews dietary components and covers more individual nutrients than does the previous edition, including compounds with nutritional relevance such as glutamine, arginine, and homocysteine and other sulfur-containing amino acids. Part II includes tutorials in the physiologic regulation of integrated body systems that add new basic concepts necessary for an understanding and application of nutrition science. Although the tutorial form is not defined, these excellent chapters cover, among other topics, aspects of molecular and cell biology and genetics. A future edition might consider a separate listing of all of the tutorials—I identified 6 chapters in 3 different parts of the book in which they appear. Part III contains chapters on the dietary and nutritional

assessment of infants, children, and adults as well as chapters on laboratory testing and anthropometric methods.

The largest part of the book, part IV, is a presentation on disease prevention and treatment, which has been enhanced and improved (by reorganization) relative to the previous edition. Disorders of the alimentary tract (eg, short-bowel syndrome, inflammatory bowel disease, diseases of the small bowel, and celiac disease) are discussed in separate chapters, as are pancreatic and liver disorders. Each of these chapters has different authors, many of whom are new. New, worthwhile topics covered in added chapters include malnutrition in relation to poverty (eg, the reader can see a picture of a Jukes family member from 1895 whose physiognomy is that of the fetal alcohol syndrome); intriguing defects in β -oxidation, including diagnosis and management; nutrient and genetic regulation of lipoprotein metabolism, which might provide useful leads for improved intervention; cancer (excellent coverage in 5 chapters); and the increasingly important relation between nutrition and retinal degeneration. In the next edition, the editors might consider coverage of cataract or entitling a chapter "Nutrition and Vision."

Part V covers population health and includes a chapter on the nutritional implications of vegetarian diets. This chapter would be more appealing visually if it included some illustrations or tables. A provocative must-read chapter on clinical and therapeutic nutrition in developing countries (70% of the world's population) contrasts the needs of these populations with the emphasis on applying and transferring principles that may already be outdated in Western, affluent societies. Alternative nutrition therapies is an increasingly important topic that is also addressed in a new chapter. Food safety and quality, including informative chapters on functional foods, environmental chemicals in food, and labeling, health claims, and dietary supplement legislation, are the topics of part VI. Part VII is a comprehensive appendix of up-to-date information, including a section on the Internet as a source of nutritional information.

Undoubtedly, this new edition of the classic textbook should be a part of all nutrition libraries—institutional and personal. Perhaps the publisher can be persuaded to return to the previous edition's 2-volume format in the new millennium because the current version is barely portable.

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