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Dietary Supplements and Functional Foods, by Geoffrey P Webb, 2006, 256 pages, softcover, \$79.99. Blackwell Publishing, Oxford, United Kingdom.

The use of dietary supplements in the United States and the United Kingdom is widespread, and it is also a growing practice in other industrialized countries. Many books and websites provide detailed descriptions of the various ingredients in supplements and advice on use, serving primarily as reference works to be consulted for specific information as needed. Geoffrey P Webb, a Senior Lecturer in Nutrition and Physiology at the University of East London (London, United Kingdom), takes a different approach in this book. He has provided a brief introduction to supplements, which is meant to be read from cover to cover.

The book's first chapter provides an overview of the growing use of supplements and the reasons for their use, the relative merits of various study methods to evaluate supplement efficacy and safety, the legal definitions of supplements, and the regulation of these products in the United States and United Kingdom. The second chapter includes a discussion of micronutrient adequacy, emphasizing the Reference Nutrient Intake (RNI) standard in the United Kingdom and secondarily the Recommended Dietary Allowance (RDA) of the United States [but without a discussion of the United States' Dietary Reference Intakes (DRIs)].

Most of the book examines individual vitamins, minerals, fatty acids—what the author calls “nonessential ‘nutrients’”—ie, glucosamine, chondroitin, *S*-adenosyl-*l*-methionine, choline, lecithin, carnitine, creatine, coenzyme Q10, lipoic acid, and methylsulfonylmethane—and 17 “plant and animal extracts,” including ginkgo, chitosan, and echinacea. Each substance's basic biochemistry, effects on human metabolism, recommended intakes, and provenance are explained, and one or more health-related claims—eg, ginseng for psychological well-being, athletic performance, and cancer prevention—are briefly evaluated. The book's best chapter provides a balanced discussion of free radicals, the oxidant theory of disease, mechanisms to limit free-radical damage, antioxidants in food, and the potential benefits and risks of antioxidant supplements.

This book's title suggests that functional foods receive substantial attention, but such is not the case. The final chapter addresses these products in a cursory way, primarily as a vehicle to discuss sterols and stanols, phytoestrogens (primarily from soy), and probiotics and prebiotics—ingredients that are also available in supplements.

Dietary Supplements and Functional Foods appears to be intended for health science students, at the college level and beyond, who, Webb says, “have limited specialist nutritional background.” However, it cannot serve as a well-rounded introductory text on the subject without providing extensive supplementary materials on such topics as the regulation of supplements and issues of product quality and labeling. The book

suffers from the inclusion of dated information on nutrient intakes and supplement use, and the reference list both is relatively small and omits superior and more up-to-date citations. Readers may be disappointed in the book's small size, given the broad and multifaceted nature of the topic, the high price, the emphasis on British nutrient standards and dietary or supplement patterns, and the degree of expertise of the author, who began to seriously study dietary supplement issues only ≈ 5 y ago.

The author had no personal or financial conflict of interest with the subject of this book or with the book's author.

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Nutritional Strategies for the Diabetic & Prediabetic Patient, edited by Jeffrey I Mechanick and Elise M Brett, 2006, 368 pages, hardcover, \$139.95. CRC Press, LLC, Boca Raton, FL.

Nutritional Strategies for the Diabetic & Prediabetic Patient, edited by Jeffrey I Mechanick and Elise M Brett, is one of several recently published books addressing the subject of diabetes and obesity. The proliferation of books that cover these subjects reflects the current interest by physicians and health care personnel in the pandemic of these diseases. Most nations in Europe, Asia, and South America report a rising prevalence of diabetes, with devastating consequences for the patient and a great burden placed on health care resources. The preface of this book states that it was written primarily to advance physicians' knowledge of nutrition as it relates to diabetes and to enable them to provide evidence-based recommendations to their diabetic patients. However, the book falls short of accomplishing these goals.

The book comprises 368 pages; the 15 chapters and 6 appendixes were written by 22 contributors, 9 of whom are from Mount Sinai School of Medicine (New York, NY). The chapters vary in quality and depth; some provide lucid descriptions of the subject, and some are rather superficial in nature. Most authors did not review the topics in the detail needed to provide a reference resource to physicians or they did not provide sufficient practical information to aid those in the daily practice of medicine in the care of their patients; in some cases, neither of those goals was met.

The chapter entitled “Mitochondrial function in diabetes: pathophysiology and nutritional therapeutics,” which has 389 references, provides an excellent in-depth review of the subject. The chapter entitled “Nutritional strategies for wound healing in diabetic patients,” which has 216 references, is unique and informative, whereas the chapter entitled “Carbohydrate counting” falls short. Indeed, it is very short: 5 pages and 7 references. The appendixes of the book do not add value for the reader.

A great need exists for information about diabetes and for methods that will help prevent or treat diabetes (or both). Nutritional strategies are indeed needed. Approximately 20–21 million Americans— $\approx 7\%$ of the US population—have the disease.



In approximately one-third of diabetic persons, the disease may be underdiagnosed. After a decade of established diabetes, >20% of diabetes patients have had a cardiovascular event, 5% develop blindness, and 1–2% experience end-stage renal disease or lower-extremity amputation. Nearly 95% of diabetes patients have type 2 diabetes, which is closely linked to obesity.

This book lacks an integrative view and does not provide a coherent plan for a nutritional management. Nor does it set forth the strategies that would help deal with the prevention of diabetes or the interventions required to treat obesity and diabetes.

The author had no personal or financial conflict with the topic of this book or with its editors.

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American Dietetic Association Complete Food and Nutrition Guide, 3rd ed, edited by Roberta Larson Duyff, 2006, 676 pages, hardcover, \$24.95. John Wiley and Sons, Hoboken, NJ.

The *American Dietetic Association Complete Food and Nutrition Guide*, a comprehensive, well-indexed handbook, includes a wide range of nutrition and food topics. It is aimed at the interested public and is written in a quick reference style and is sprinkled with self-assessment tools for each topic. These assessment tools pull the reader into the topic, make the information applicable to everyday life, and help identify areas in which more information is necessary. Of the 676 pages, 630 are textual, which are followed by list of resources, 28 pages of appendixes (mostly tables), and a complete index.

Topics are presented in an interesting order and not in the traditional manner. The first section discusses fitness and body weight, fats, vitamins and minerals, carbohydrates, fiber, and water. The second section discusses foods, food choices, and food shopping and is followed by a section on lifestyle stages—birth through aging. The last section is on “special issues,” and includes topics such as athletics, vegetarian eating, and allergies and a small section on managing common chronic diseases and supplement use.

Each chapter of the book focuses on the reader, labeled “you,” and the reader is challenged to become smarter about the topic presented and resultant behavior patterns. Food selection, food shopping, and home food storage issues are well covered, but no recipes are included. The book contains 676 pages of information, which is unique for food and nutrition guides aimed at the public.

I have seen this book grow and improve throughout its 3 editions, all of which have been popular with interested readers. The author has included the most recent governmental food guide information and nutrient recommendations. The writing style is very readable. The author uses clever phrases, such as “Carbs: Simply Complex,” “Sodium and Potassium: A Salty Subject,” and “Kitchen Nutrition: Delicious Decisions.”

I highly recommend this book as a ready reference for the person who is not a nutrition professional but who has a strong interest in following and knowing the latest on nutrition topics and recommendations for health.

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