



Nutritional Health: Strategies for Disease Prevention (Nutrition and Health)

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Now going into its third much-expanded edition, the highly praised *Nutritional Health: Strategies for Disease Prevention* has been brought fully up to date to include all the new thinking and discoveries that have the greatest capacity to improve human health and nutritional advancement. About half the new edition will be revised and updated from the second edition while the other half will consist of major revisions of previous chapters or new subjects. Like the two previous editions the book will consist of general reviews on various topics in nutrition, especially those of much current interest.

The authors provide extensive, in-depth chapters covering the most important aspects of the complex interactions between diet, its nutrient components, and their impacts on disease states, and on those health conditions that increase the risk of chronic diseases. Up to date and comprehensive, *Nutritional Health: Strategies for Disease Prevention, Third Edition* offers physicians, dietitians, and nutritionists a practical, data-driven, integrated resource to help evaluate the critical role of nutrition.

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