

Edited by Julie Kreunen, M.A., R.D., Associate Editor, GEMs and Reviews

Books, curricula, audiovisuals, and other resources that nutrition professionals may use for reference, continuing education, or in a formal or informal education setting are designated "professional." Books, handouts, diet plans, and other resources specified by authors as being written for general audiences are categorized as "consumer." Inclusion of any material in this section does not imply endorsement by the Society for Nutrition Education. Evaluative comments contained in the reviews reflect the views of the authors. Prices quoted are those provided by the publishers at the time materials were submitted. They may no longer be current when the review is published.

**BOOKS**

*Professional*  
**Clinical Nutrition of the Essential Trace Elements and Minerals: The Guide for Health Professionals.** Bogen JD, Klevay LM, eds., 2000. From Humana Press, 999 Riverview Drive, Suite 208, To-

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towa, NJ 07512, 973-256-1699, hardcover, 397 pp, \$125.00, ISBN 0-89603-598-0.

The editors and authors of this very useful text review the clinical relevance of trace elements and minerals such as chromium, copper, fluoride, iron, iodine, molybdenum, manganese, selenium, zinc, calcium, magnesium, and phosphorus to a wide variety of medical conditions. Among the pathophysiologic conditions covered are genetic, endocrine, skeletal, cardiovascular, renal, gastrointestinal, infectious, surgical, and ophthalmologic disorders. The authors also discuss trace element and mineral nutrition in healthy people, with chapters on pregnancy, lactation, adolescents, and older adults.

What a pleasant surprise! This authoritative textbook seamlessly integrates the breadth of clinical knowledge on trace element and mineral nutrition across disease conditions and the human life cycle. Drs. Bogden and Klevay have assembled a stellar cast of contributors for this text. Collectively, they provide an excellent synthesis of clinically relevant data and hypotheses related to these important nutrients. As one would expect, the topics of laboratory assessment parameters and disease-specific conditions are well represented. The inclusion of chapters on trace elements and mineral nutrition throughout the human life cycle makes this text even more relevant to clinical practitioners. Perhaps most impressive is the inclusion of discussions of the epidemiology of trace element deficiencies, the safety of trace element supplements, and genetic disorders of trace element metabolism.

Three chapters provide an excellent context in which one can appreciate the state of knowledge in this field. First, Drs. Eaton and Eaton, co-authors of *The Paleolithic Prescription: A Program of Diet and Exercise and a Design For Living* (Harper Perennial, 1989), discuss trace element and mineral nutrition from an evolutionary perspective. Second, the chapter by Dr. Jean Pennington discusses current dietary intakes. Element-specific discussions are supported by national survey data and serve as a basis for suggestions for future research. Third, Dr. Forrest Nielson discusses the leading edge of trace element research in a chapter with an intriguing title, "Possibly Essential Trace Elements." These contributions provide a historical continuum with which one can discern the future directions of this field.

Registered dietitians will benefit from information provided in two chapters dealing with relevant aspects of nutritional sta-

tus in hospitalized medical patients and those with HIV/AIDS. The former chapter covers the role of enteral and parenteral nutrition in the treatment of specific disease states, particularly cancer. The latter chapter does an excellent job reviewing the role of malnutrition in the impaired immune response. The pathophysiologic alterations in trace element and mineral homeostasis caused by HIV/AIDS are covered. However, the authors do not conclude that pharmacologic doses of trace elements and minerals are warranted in HIV/AIDS.

The association between copper deficiency and coronary heart disease (CHD) risk, offered by Dr. Klevay, deserves special comment. He presents an excellent review of the theory that copper deficiency is a primary risk factor for CHD. This hypothesis is supported by a variety of epidemiologic, clinical, and animal studies. At the same time, he dismisses the dietary fat-CHD association as oversimplistic. Like many champions of less popularly held hypotheses, Dr. Klevay's discussion falls short for two reasons. First, he fails to discuss the "successes" that have flowed from CHD-dietary lipid research: the discovery and application of hypolipidemic drugs. The demonstrated efficacy of the statin drugs in decreasing CHD morbidity and mortality has supported this long-held hypothesis. Second, he acknowledges two other theories of atherogenesis (i.e., the homocysteine and iron hypotheses) without describing their theoretical or epidemiologic bases or discussing how they relate to the copper deficiency hypothesis. The aforementioned shortcomings should not dissuade the potential reader; Dr. Klevay makes many excellent points regarding the shortcomings of the "fat intoxication" hypothesis.

This text would serve as an excellent resource for undergraduate courses in mineral and clinical nutrition or as a stand-alone text for relevant graduate courses in dietetics and nutritional biochemistry. The appendix of this text assists students of this field by citing recent textbooks in the field and journals that publish mineral and trace element research. The quality and comprehensiveness of this book make it a highly recommended resource for dietitians, academicians, and physicians.

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