

**NEW IN REVIEW**

perspective with emphasis and examples from institutional and commercial markets. The goal is to provide quality food from both microbiological and sensory perspectives and to have it produced at the least cost by a satisfied staff. The book contains excellent tables and graphs and statistics to support claims. Type is large and easy to read, and there are numerous subheads. The author includes objectives for each chapter and does a nice job of reviewing and summarizing each chapter's content; her writing style contributes to readers' understanding and retention.

Because the book covers so many topics, each section can devote only a few pages to the review of complete books and courses. Therefore, its primary usefulness is as a review or reference. Readers who have questions about what they read can refer to professors, experts, or the references included in each chapter. The chapters on management concepts, systems, and processes cover all the basics and include references for more in-depth study.

Brevity can create oversights, however. For example, *Listeria*, *Campylobacter*, and *Escherichia coli* are not mentioned in the bacterial microbial quality section, but later in an "other" subhead; trichinae is the only parasite discussed. Allergic reactions are not mentioned, nor are food sanitation courses and certification requirements. A Hazard Analysis and Critical Control Points table is included in one spot, but not discussed until later. ISO 9000 is not included. This book has a 1998 copyright, so it could have included more projections for the future. For example, out of the 113 total references in the research chapter, only 8 are from 1990 or later. Of the 152 references in the first 5 chapters, only 1 is more recent than 1995, and only 20 are more recent than 1990. However, the book does an outstanding job of presenting basic, classic information that is essential to know before one can evaluate new developments.

The equipment chapter is excellent. It includes pictures of large and small equipment and is filled with practical tips, such as how many gallons of product is necessary to make a jacketed kettle more efficient than a range-top stock pot. Advantages and disadvantages of various types of equipment are compared. There is a good discussion of heat transfer mechanisms, but induction cooking is not mentioned, even though 2 pictures of induction equipment are included.

Much of the book presents food science principles as applied to foodservice. Various basic principles are discussed in

context of specific foods. For example, free and bound water are discussed with regards to meat. This encourages great understanding, but it also makes it difficult to look up a basic concept, since "bound water" is not included in the index or table of contents. The meat chapter includes an excellent discussion of meat costs and cooking factors that affect the cost of a served portion. Egg cookery is also nicely covered and includes solutions to foodservice challenges for quality product, which is a feature of each commodity chapter.

Discussion of computer applications was straightforward and included suggestions for the logical parts of an operation to computerize. The last chapter on research was organized to provide an incentive for foodservice administrators to complete time and temperature, sensory, and microbial studies in their kitchens to ensure quality, cost-effectiveness, and satisfied employees and patrons.—*ANITA WILSON, PhD, University of Wisconsin-Stout, Menomonie.*

**NUTRITION IN THE COMMUNITY: THE ART AND SCIENCE OF DELIVERING SERVICES**

*4th ed. By Anita L. Owen, MA, RD, Patricia L. Splett, PhD, MPH, RD, FADA, and George Owen, MD. Boston, Mass: McGraw-Hill; 1999. Hardcover. Pp 672. Price: \$66.34. ISBN 0-8151-3311-1*

*Nutrition in the Community* continues to be an outstanding resource for community nutrition professors, students, and professionals. It has been updated to address issues for the 21st century. A main feature of this edition is the model developed by the authors, "The Context of Health," which is woven throughout the text. The model is based on 4 fundamental attributes of health: human biology, behavior and lifestyle, the environment, and the health care system. Each attribute affords different opportunities for interventions to avert disease and advance health. Chapters begin with the Context of Health model, which depicts how the material in the chapter contributes to the context of health. Featured in each chapter is either a case study or a commentary from an appropriate expert. The case studies provide material that might be used in class discussions or class projects. Discussion questions are included.

The first 2 chapters by Anita Owen emphasize public health and community nutrition, and are written from Owen's rich background in public health nutrition. Several chapters by George Owen cover nutrition issues in different stages of life. Chapters by Patricia Splett ad-

dress planning, implementing, and evaluating nutrition programs. These are fortes of each of these expert authors. In addition, the book contains many chapters written by expert guest authors on issues for which they are well known, such as public policy, assessing nutritional status from an epidemiologic approach, implementing behavior change, and working with clients with special needs.

The chapter on social marketing has been revised to deal with implementing change in communities and is based on theory and behavior change principles for influencing eating behavior. Additions to this text are an excellent chapter on budgeting, which includes grant writing, and an excellent chapter on ethics. The chapter on ethics is a topic that needs to be dealt with more in nutrition texts, especially in material for community and public health nutrition personnel who often make decisions that are rooted in ethics.

This 4th edition of *Nutrition in the Community* does an excellent job of giving nutrition faculty members and practitioners the information necessary to move into the 21st century. Public health and community nutrition professionals will find this a must-have resource for teaching and practice.—*JUDITH V. ANDERSON, DrPH, RD, Michigan Department of Community Health, Lansing.*

**CONTEMPORARY NUTRITION SUPPORT PRACTICE: A CLINICAL GUIDE**

*Edited by Laura E. Matarese, MS, RD, FADA, and Michele M. Gottschlich, PhD, RD. Philadelphia, Pa: WB Saunders; 1998. Hardcover. Pp 694. Price: \$99. ISBN 0-7216-5999-3*

If you have been searching for a nutrition support text that covers everything from the basic principles of nutrition support to cutting-edge practices for system-specific disorders and psychological stress, look no further. This book, with chapters written by experts of various backgrounds and edited by 2 of the leading professionals in the field of nutrition support, is a solid reference that would be a valuable addition to any professional library. It has something to offer new nutrition support clinicians as well as seasoned veterans, and it includes a wide scope of diverse and up-to-date subject matter.

The book is divided into 9 parts. Discussion of the nutrition support team makes up part 1, with a historical account of nutrition support teams and the evolution of the team approach. The information on outcomes data, with its strong emphasis on cost savings, is especially relevant in this day and age of reduced health care spending and streamlining of

essential personnel. Parts 2 and 3 thoroughly cover nutrition assessment and nutrients in nutrition support. The chapter on vitamins has a thoughtful discussion about the roles of antioxidants in critical illness, and the chapter on minerals and trace elements has a quick reference summary table covering everything from deficiency symptoms to recommended supplementation. The chapter on intravenous lipids covers the controversy regarding the ideal amount to give; however, a table highlighting the pros and cons of their use as well as actual research and theoretical concerns would have been a nice addition.

Part 4 of the book covers principles of nutrition support in detail, with well-organized chapters discussing enteral and parenteral nutrition, equipment issues, complications of both feeding modalities with helpful tables, and comprehensive overviews supported by extensive reference lists. The chapter on principles of parenteral nutrition has an excellent review of factors reported to affect hepatic dysfunction. Another outstanding chapter covers general pharmacologic issues in nutrition support. It features many information-packed tables and sound guidelines for maximizing patient safety.

Part 5 deals with nutrition support throughout the life cycle. This includes

excellent chapters on neonatal and pediatric nutrition support. Parts 6 and 7 deal with nutrition support in system-specific and general disorders. The 11 chapters included in these sections are extremely helpful in documenting supported clinical practice in optimizing care for multiple challenging conditions, and discussing unproven and potential future approaches. Metabolic stress, solid organ transplantation, bone marrow transplantation, wound healing, and burn nutrition are topics covered quite effectively in part 8. In particular, the chapter on bone marrow transplantation outlines in detail, and with superb tables, the challenges of acute and long-term nutrition support for these patients. Part 9 discusses relevant management and professional issues, including home care, quality assessment, and ethical and research considerations that practitioners will face on some level during their career.

This is a comprehensive nutrition support text that can serve as a valuable reference tool. Nutrition support professionals with varied backgrounds and levels of experience can broaden their knowledge base with the ultimate goal of improving the delivery and enhancing the effectiveness of on support.—*LAURA E. PRIMAK, RD, The Children's Hospital, Denver, Colo.*

## VIDEOTAPE

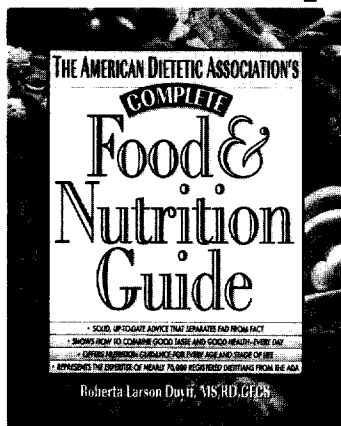
### SEPARATING NUTRITION FACT FROM FICTION

*Hosted by Evelyn Tribole, RD.  
Developed by Ed Weinstock, DrPH.  
Distributed by National Health Video, 12021 Wilshire Blvd, Suite 550, Los Angeles, CA 90025; 800/543-6903. E-mail: healthvid@aol.com.  
VHS format. 14 minutes. Price: \$89.*

This video was developed to discuss common nutrition claims and provide tools for separating nutrition fact from fiction. The video begins with a series of true and false questions about good and evil foods, vitamins, fasting, and water. The video suggests that changing habits and exercise is the real answer to weight management. It then lists nutritional tools that will help people check out nutrition claims:

- Learn the terminology used in false and legitimate claims,
- Be skeptical about sensational findings. Were the studies done on animals or humans? How many subjects were studied?
- Ask yourself if the claims are supported by a celebrity or if they are anecdotal.
- Beware of phony statistics.
- Ignore claims of a conspiracy.

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