

## NEW IN REVIEW

cular health. Areas that are addressed are: basic mechanisms including intracellular signaling and the role of essential fatty acids in membrane structure and function; the role of DHA in central nervous system development; and how omega-3 fatty acids affect psychiatric disorders and behavior. Specific topics that are covered are seizure threshold; immune function, retinal function, learning behavior, and cardiac arrhythmia. Nutrition professionals will find the discussion about the evolutionary aspects of the human diet to be a provocative read. Collectively, information presented in the book will reaffirm the importance of assuring that diets provide adequate omega-3 fatty acids to counter the prevailing trend of a decline in consumption of these important fatty acids. Registered dietitians are uniquely qualified to be central in this effort. This book will heighten awareness of the need to monitor omega-3 fatty acid intake and intervene where appropriate. References that are needed to develop and implement diet strategies to assure adequate essential fatty acid intake are cited.

*Fatty acids: Physiological and Behavioral Functions* is an excellent source of in-depth information about many important biological effects of essential fatty acids. It provides a wonderful overview of why these fatty acids are so important for a diverse array of physiological processes. It will stimulate much needed research in the field and serve as an authoritative resource on state of the art research on essential fatty acids.

*Penny M. Kris-Etherton, PhD, RD, Penn State University, University Park, PA.*

### **NUTRITION IN CLINICAL PRACTICE (A COMPREHENSIVE, EVIDENCE-BASED MANUAL FOR THE PRACTITIONER)**

*David L. Katz, MD, MPH. Philadelphia: Lippincott, Williams and Wilkins; 2001. Paper. Pp 416. Price \$49.95. ISBN 0-683-30638-3.*

It is often said that doctors do not know much about nutrition. We know that it is not always true and this physician certainly has a lot to say on this subject. *Nu-*

*trition in Clinical Practice* serves as a surprisingly comprehensive review of common nutrition-related problems normally encountered in clinical practice. This book, designed primarily for practicing physicians, covers a broad range of subjects and is well referenced. It is not so much a how-to manual but a summary of the strength of the evidence behind the role of nutrition in the cause and treatment of common chronic conditions such as heart disease, obesity, cancer, hypertension, and osteoporosis. Also reviewed are several topics not always addressed in nutrition texts, such as nutrition and rheumatologic disease, hemostasis, sleep, wake cycles, mood, and vision. Each chapter includes a brief statement regarding the role of specific nutrients (eg, specific fatty acids, amino acids, vitamins, nutraceuticals, etc) and at the end of each chapter is condensed into "clinical highlights."

The summaries are current, accurate, and show the insight of applied clinical experience. The manual would serve well as a reference in clinics to provide clients with information on the role of nutrition and disease. It would also serve as a guide for physicians when writing diet orders and making dietary recommendations. As the author states, it does not deal with the specifics of foods, diet plans, or provide the level of detail found in some dietary texts aimed at practicing nutrition professionals. However, the many clinical pearls and the author's pragmatic and straightforward method of reviewing the broad subject matter may be worth the modest price of the manual to those entering clinical dietetics practice and seasoned clinical practitioners.

*Peter Beyer, MS, RD, University of Kansas Medical Center, Kansas City, KS*

### **PRACTITIONER'S BOOKSHELF**

In this practical, fact-filled nutrition resource for marathoners, Nancy Clark's *Food Guide for Marathoners: Tips for Everyday Champions*, combines her personal experiences and professional

expertise to teach novice marathoners how to eat well and enhance their energy. They will learn what, when, and how to eat so they can enjoy not only the process of training for the marathon but also participating in the marathon itself with energy to spare. This book is written from Clark's passion for teaching everyday champions how to use food to help them achieve their marathon goals.

Author of the best-selling *Nancy Clark's Sports Nutrition Guidebook*, Nancy Clark, MS, RD, is a marathoner and an internationally known sports nutritionist. She has been referred to as one of America's leading sports nutritionists. Clark is the Director of Nutrition Services at SportsMedicine Associates, a premier athletic injury clinic in the Boston area. In the *Food Guide for Marathoners*, topics include how to: eat well when pressed for time; effectively balance carbohydrates, protein, and fat into your sports diet; choose the best snacks for before, during, and after the long run; lose weight and have energy to exercise; carbohydrate load for a marathon; and complete the entire marathon with energy to spare. As a registered dietitian with additional training in exercise physiology, Nancy Clark is a Fellow of both the American Dietetic Association and the American College of Sports Medicine. To order, contact Sports Nutrition Publishers, 60 Lindbergh Avenue, Suite 2A, West Newton, MA 02465; 617/795-0823; [sportsnutrition@rcn.com](mailto:sportsnutrition@rcn.com).

### **QUICK LOOKS**

#### **DIMENSIONS OF FOOD, 5<sup>TH</sup> ED.**

*Vickie Vaclavik, Marcia Pimentel, Marjorie Devine. Boca Raton, FL: CRC Press; 2002, Paper; Pp 303. Price \$49.99. ISBN 0-849-31425-9*

#### **SIMPLIFIED DIET MANUAL, 9<sup>TH</sup> ED.**

*Iowa Dietetic Association: Judy Fitzgibbons, MS, RD, ed. Ames, IA: Iowa State Press; 2002, Cloth; Pp 167. Price \$36.99. ISBN 0-813-82784-1*