**Book Reviews**


The explosive and fast-accelerating growth of the field of Nutrigenetics/Nutrigenomics makes this volume, the third in the series on the subject (see volumes 63 and 80) in *World Review of Nutrition and Dietetics*, an invaluable resource for health professionals and students of nutrition alike. This volume contains both basic and advanced knowledge in the field, updating the reader on recent developments and projects and, with measured excitement, on likely future developments. It also highlights the continuously developing paradigm of the interaction between genetics as the determinant of disease susceptibility and the influence of nutrition and the environment thereon. A number of key topics are expertly covered, ranging from the nutritional implications/outcomes of genetic variation to the genetics of coronary heart disease risk and plasma lipids, environmental influences on disease within the context of genetic background, evolutionary aspects of the Western diet in relation to dietary fatty acids and the omega-6/omega-3 ratio, the role and importance of nutrients on gene expression, and the role of Nutrigenomics in evaluation of the safety and efficacy of bioactive compounds. Furthermore, the implications of genetic variation on nutritional requirements and diagnosis of nutrient deficiencies defined in terms of increased risk of disease rather than cut-off biochemical blood levels together with the role of dietary components in the development of type 1 diabetes mellitus and cancer risk are also highlighted. Not surprisingly, the chapter on physical performance ability as determined by genetic variation is both fascinating and complex. Of added value is the appended glossary of the relevant terminology and the recommendations for genetic screening.

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Nutritional assessment at the individual, group, community and hospital level forms the basis of nutritional practice and intervention. It is a field in continuous change with significant new developments in approach, standards and nutritional assessment tools. The second edition of *Principles of Nutritional Assessment* is an update of the first (1990) edition and a timely, valuable and useful addition to the armamentarium of dietitians/nutritionists and other health professionals involved in nutrition. The approach adopted (the ABCD (anthropometry, biochemistry, clinical and dietary) of nutritional assessment) and presentation of data ensure that the book can be used equally well by health professionals and students of nutrition in the developed and developing world. In line with developments in the field, the context of the data addresses the reduction of risk of chronic disease rather than prevention of nutrient deficiency diseases. The book is completely rewritten to include updated information on biochemical biomarkers and appropriate reference data including anthropometric surrogates of intra-abdominal fat, as well as the validation, advantages, limitations and application of the methods of nutritional assessment together with confounding factors that may influence the interpretation of nutritional assessment data. The section on micronutrient status assessment reflects the intense current interest in the field not only in content but also in non-invasive approaches to estimate the risk of micronutrient deficiencies, options of body fluid sampling, and the association between sub-clinical micronutrient deficiencies and adverse health outcomes.

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