



## Book Review

### **Nutrition Through the Life Cycle**

Prakash Shetty (Ed.); Leatherhead International Ltd/Royal Society of Chemistry, London/Cambridge, 2002, xi + 198 pages, ISBN 1-904007-40-6, £79.50

Nutrition is viewed traditionally as the specific dietary requirements of different age groups, without exploring diet in the context of a life-long contributing factor to well-being. The life cycle approach to nutrition can help us to assess risks at various life stages, recognise important environmental influences that may be inimical to good nutrition and health, and identify key interventions at the various stage in the life cycle to prevent or deal with these external factors.

This book summarises what is known about the relationship between diet and health at different points in the life cycle, and the nutritional requirements of individuals of different ages. Nutrition policy and health promotion are discussed, together with how dietary interventions can provide long-term benefits to individuals and populations. Also covered are the major dietary challenges that exist in modern society, including the rise in incidence of obesity in

both children and adolescents, anaemia in children and adolescents, and diet-related cancers.

Specific chapters cover nutrition in infancy, pregnancy and lactation, nutrition of school children, adolescents, adults, the ageing, and the elderly. With respect to carbohydrates, carbohydrates in mother's milk, dietary reference values (DRVs), and carbohydrate intake in the elderly, men and women, and the young are discussed, including the results from The National Diet and Nutrition Surveys (NDNS) of British adults.

In summary, this volume provides a detailed introduction to nutrition through the life cycle, and will serve as an excellent reference source for researchers, policy makers and practitioners in public health and nutrition, and food scientists.

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