



## Book Review

*Handbook of Dairy Foods and Nutrition*, by G.D. Miller et al.

This eight-chapter book focuses on the relationships of nutrients in dairy products to several chronic diseases prevalent among adults in the US and other western nations. Cardiovascular diseases, hypertension, colon cancer, osteoporosis, and oral diseases are explored in terms of benefits of nutrients from milk and other dairy products. In addition, three other topics are highlighted in this volume: bone health and the vegetarian; lactose intolerance; and child and adolescent nutrition. (The use of the term "handbook" in the title is, perhaps, misleading because no data compilations on dairy food nutrient composition or other facts are presented.)

Although each chapter stands on its own, the chapters *in toto* do not provide an integrated volume; the text could benefit from more connectivity and relatedness, perhaps even some common recommendations regarding types of dairy products promoting health. Dairy foods clearly tie

the chapters together, but no introductory information on dairy foods is provided, and a summary chapter linking the major theme of the individual chapters, i.e., diet-disease relationships, is lacking. Despite these minor deficits, the book serves as a good representation of current thinking on the topics selected and a good source of many up-to-date references.

Readers interested in calcium, fat, magnesium, and other nutrients in dairy foods will find this well-illustrated volume most useful as a valuable resource on the chronic diseases. The authors are to be congratulated for their reasoned interpretation of the vast, and sometimes confusing, literature on diet-disease linkages.

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