

Book Review

DIABETES GUIDEBOOK, DIET SECTION by John K. Davidson, B.S., M.D., Ph.D., and Mary Goldsmith, B.S., R.D. \$10.00, 28 pp. plus 8 pp. of color illustrations and three of punchout food illustrations. Columbus, Georgia, Litho-Krome Company, 2nd edit., 1972.

Diet, Diet, Diet. Few question the vital role of diet in the regulation of diabetes. Yet an appreciation and application of this tenet is still not commonplace among diabetics and their physicians. The current controversies that swirl around the use of oral hypoglycemic agents and the extensive studies that relate obesity and carbohydrate intolerance fortify the basic principle that the most important therapeutic measure in the treatment of the diabetic is diet. For the most part, physicians, nurses, and even dietitians lack the ability to convey basic dietary ideas in a simple, practical manner to the diabetic. In an effort to communicate these messages clearly to patients (and to their dietitians and physicians as well), Davidson and Goldsmith have compiled a handsome, colorful manual for patients attending the Diabetes Clinic at the Grady Hospital. Thoroughness and a systematic approach characterize this 11 × 9 inch guidebook, whose color plates of food are the most realistic and appetizing pictures this reviewer has observed.

In addition to a picturesque display of foods, the authors present a carefully composed introduction to the concepts of the exchange system and instructions for writing a diet prescription. While this latter may be a bit too sophisticated for the average patient, dietitians and physicians are provided with useful guidelines and model diets needed to compose a prescription. Helpful tables that denote foods to be eaten on sick days and foods to be considered when dining out complement the standard information offered in diet manuals. To simplify the learning pro-

cess and place the exchange system within the intellectual comprehension of the average patient, color coding is used to identify specific food groups. Removable stamps with photographs of sample foods are provided to construct pictorially the diet prescription. Accuracy and precise measuring are emphasized; thus the authors caution that the classic concept that regards vegetables as "free foods" is incorrect; standard servings of vegetables do comprise some caloric intake. Precision in assessing the size of a meat serving is stressed in both the listing of foods and in perfect photographic samples.

While the exchange system provides a foundation for devising meal plans, many patients today have preference for convenience and ready-prepared foods. The guidebook offers a partial list of such foods. Regional variation in these foods diminishes the value of a presentation of extensive convenience-food lists. Similarly the guidebook pictures foods that are popular in southeastern regions of this country. Such regional discrimination should not be considered a deficiency but as an educational pointer that stresses how important it is to construct diet prescriptions with foods that are available and popular in a given locale.

Davidson and his colleagues have become national leaders in a needed crusade to reemphasize the role of diet in the control of diabetes, especially in the obese patient. This guidebook provides the essentials for that crusade. Everyone concerned with diabetes—physicians, nurses, dietitians, patients, and families—should examine this book. The fundamentals elaborated are a model for other dietary guides addressed to the diabetic. Success with diet therapy comes only through communicating with the diabetic; this guidebook facilitates such communication.

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Errata

A review of Diabetes, Volume 19, Supplement 2, the University Group Diabetes Program, reveals three errors. One occurred on page 823, right-hand column, line 21, which should read "where $A = -2.17 + 0.41x_1 - 0.08x_2 - 0.16x_3$." The corresponding estimate of probability of death for the tolbutamide treatment group was calculated correctly and was equal to 0.147, as given in line 29. On page 824 the estimated probability of cardiovascular death for tolbutamide on line 21 should be 0.127 rather than 0.137 as reported, since there was an error in the equation for "A" on line 27. This line should read " $A = -2.97 + 1.05x_1 + 0.25x_2 + 0.20x_3$."