nutrient intake offers a new insight into the field and provides a summary of gene-diet interactions.

There are several chapters on body-composition assessment, including a discussion of methods, average values, and graphs of height, weight, and body mass index for infants and children. Overweight in adults is treated in chapters on anthropometric assessment, assessment of overweight patients, and thermogenesis. A short chapter on the documentation needed to improve medical assessment access and reimbursement gives information not usually available in handbooks of food and nutrition. Part VI of this book is devoted to modified diets; it begins with an introduction to vegetarian diets, including tables of vegetarian sources of minerals and vitamins, which are generally available from inclusive diets. Enteral nutrition and parenteral nutrition are also discussed.

The major portion of the book covers clinical nutrition. Chapters in this section cover alcohol, anemias, and nutritional treatment of blood pressure. Other chapters cover chemoprevention of cancer (better described in risk reduction) and heart disease. A discussion of nutrient-gene interactions in hyperlipidemias is important because it may presage the future of nutritional research in disease. There are chapters on nutrition in diabetes, gastric effects, hepatology, renal problems, skeletal disorders, and eye disease. Vitamin deficiencies and the rational use of vitamin and mineral supplements are discussed, as are trace mineral deficiencies. Eating disorders and obesity are treated as well. The final chapter provides definitions and descriptions of questionable practices in the food and nutrition field.

This large volume touches on almost every pertinent area of nutrition and could be a useful addition to nutrition libraries as a general reference. The book is easy to read, the tables and graphs are clear and understandable, and a useful index is provided. The editor and editorial board are to be admired for their industry and congratulated for their effort.

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The Seven Countries Study initiated by Ancel Keys and coworkers >40 y ago has generated numerous publications. Three previous monographs published in 1967, 1970, and 1980 focused primarily on cross-cultural comparisons of coronary heart disease (CHD) incidence, obesity, and different aspects of diet, especially dietary fatty acids. The current monograph, which was edited by 3 internationally recognized epidemiologists and pioneering researchers in the original Seven Countries Study, attempts not only to summarize all important findings from the Seven Countries Study in the past several decades, but also to integrate recent developments in nutritional and cardiovascular epidemiology.

The book begins with the objectives and history of the Seven Countries Study and a detailed description of the original 16 cohorts and field-operation procedures. This is followed by descriptive statistics of CHD, cardiovascular and total mortality, and time trends. The chapters on diet and CHD focus on prospective data from the Dutch component of the Seven Countries Study, the Zutphen Study, which has been led by Daan Kromhout, one of the editors. Many findings from the Zutphen study, such as the inverse associations between intakes of fish and flavonoids and coronary mortality and the positive association between coronary mortality and intake of trans fatty acids, have been important contributions to our understanding of dietary etiology and the prevention of CHD. The chapters on smoking, alcohol, and physical activity provide information on the predictive power of these variables both at baseline and over time. The chapter on alcohol is noteworthy because of its description of the data in the context of the Mediterranean diet and the “French paradox.” In terms of biological risk factors, the book includes chapters on serum cholesterol, blood pressure, body fatness, glucose intolerance and type 2 diabetes, and electrocardiographic abnormalities. The final section of the book is devoted to clinical and public health implications of the findings from the Seven Countries Study.

Although most of the data and conclusions are not new, I have enjoyed reading the book because it covers most recent developments in cardiovascular epidemiology while giving an excellent history lesson about how to conduct good epidemiology research. I highly recommend the book to researchers and students of epidemiology and to nutritionists, clinicians, and public health workers who are interested in nutrition and the prevention of cardiovascular disease. For those who have little background in epidemiology, one word of caution is in order: one should be careful in distinguishing ecologic data from within-population, prospective data because of their very different interpretation and implications. In the past, too much has been made of ecologic associations between saturated fat and CHD derived from the Seven Countries Study.

One of the major conclusions drawn by the authors is strikingly straightforward: “If these (lifestyle) recommendations are followed, coronary heart disease can, to a large extent, be eliminated in the population below 70 years of age.” This bold statement, which is now strongly supported by several other large prospective cohort studies and secondary prevention trials, echoes the original idea of Ancel Keys when he contemplated the Seven Countries Study >4 decades ago, ie, CHD is basically a lifestyle disease and could be prevented by diet and lifestyle. This book, with its detailed account of the history of the Seven Countries Study and rich data derived from modern epidemiologic methods, is a wonderful tribute to the vision of Ancel Keys.

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