# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dedication</td>
<td>iv</td>
</tr>
<tr>
<td>Preface</td>
<td>vii</td>
</tr>
<tr>
<td>Series Editor Introduction</td>
<td>ix</td>
</tr>
<tr>
<td>About the Editors</td>
<td>xxi</td>
</tr>
<tr>
<td>Contributors</td>
<td>xxix</td>
</tr>
</tbody>
</table>

## Part I  Global Issues

1. Preventive Nutrition: From Public to Personal Recommendations and Approaches to Behavior Change
   Sara C. Folta, Alison G.M. Brown, and Jeffrey B. Blumberg
   - Page 3

2. Public Health Benefits of Preventive Nutrition: Global Perspective
   Walter C. Willett
   - Page 25

3. Nutritional and Dietary Supplements: Code or Concern
   Roger Clemens and Peter Pressman
   - Page 47

4. The Trans Pacific Partnership: Global Nutrition at Risk
   Henry Greenberg and Stephanie Shiau
   - Page 63

5. Nutrient Density and Health: How to Develop Global Nutrient Density Metrics
   Adam Drewnowski
   - Page 71

6. The Influence of Polypharmacy on Nutrition
   Korinne M. Piccolo and Joseph I. Boullata
   - Page 83

7. Diet–Gene Interactions: Haptoglobin Genotype and Nutrient Status
   Leah E. Cahill and Eric B. Rimm
   - Page 115

## Part II  Cancer Prevention

8. The Role of Diet and Nutrition in Lung Cancer
   Anthony J. Alberg and John M. Wrangle
   - Page 133

9. Epigenetics of Endocrine Tumors in Women and Dietary Prevention
   Donato F. Romagnolo and Ornella I. Selmin
   - Page 153
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Authors</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>The Role of Nutrition and Diet in Prostate Cancer</td>
<td>Yin Cao, Lorelei Mucci, and Edward Giovannucci</td>
<td>167</td>
</tr>
<tr>
<td>11</td>
<td>Dietary Supplements and Cancer Risk: Epidemiologic Research and Recommendations</td>
<td>Rebecca L. Sedjo, Marian L. Neuhouser, and Cheryl L. Rock</td>
<td>183</td>
</tr>
<tr>
<td>12</td>
<td>Nonnutritive Components in Foods and Cancer Risk</td>
<td>Lauren E. Conlon and John W. Erdman Jr.</td>
<td>215</td>
</tr>
<tr>
<td>Part III</td>
<td>Cardiovascular Disease Prevention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Diet Quality and Cardiovascular Disease Prevention</td>
<td>Janice L. Atkins and S. Goya Wannamethee</td>
<td>245</td>
</tr>
<tr>
<td>14</td>
<td>( n)-3 and ( n)-6 Fatty Acids Reduce Risk for Cardiovascular Disease</td>
<td>William S. Harris</td>
<td>255</td>
</tr>
<tr>
<td>15</td>
<td>Trans Fatty Acids: A Summary of the Evidence Relating Consumption to Cardiovascular Outcomes and the Efficacy of Prevention Policy to Reduce Levels in the Food Supply</td>
<td>Shauna M. Downs, Sarah Loehr, and Jason H.Y. Wu</td>
<td>273</td>
</tr>
<tr>
<td>16</td>
<td>Nutrition Aspects of Stroke Prevention</td>
<td>Katherine Patton and Mandy L. Corrigan</td>
<td>297</td>
</tr>
<tr>
<td>17</td>
<td>B Vitamins Influence Vascular Cognitive Impairment</td>
<td>Tammy M. Scott, Kristen E. D’Anci, and Irwin H. Rosenberg</td>
<td>309</td>
</tr>
<tr>
<td>Part IV</td>
<td>Diabetes and Obesity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Childhood Obesity: New Paradigms on Susceptibility, Co-morbidities, and Interventions</td>
<td>Esther Granot</td>
<td>321</td>
</tr>
<tr>
<td>19</td>
<td>The Women’s Health Initiative: Lessons for Preventive Nutrition</td>
<td>Cynthia A. Thomson, Marian L. Neuhouser, and Shirley A.A. Beresford</td>
<td>335</td>
</tr>
<tr>
<td>20</td>
<td>Role of Fiber in the Prevention of Type 2 Diabetes</td>
<td>Mark L. Dreher</td>
<td>371</td>
</tr>
<tr>
<td>21</td>
<td>Nutrition Issues and Recommendations in the Management of Diabetes and Prediabetes in Older Adults</td>
<td>Barbara Stetson, Stephanie McDonough, and Sri Prakash Mokshagundam</td>
<td>399</td>
</tr>
<tr>
<td>22</td>
<td>The Effects of Diabetes and Obesity on the Skeleton</td>
<td>Jessica Furst, John P. Bilezikian, and Mishaela R. Rubin</td>
<td>425</td>
</tr>
<tr>
<td>23</td>
<td>Nutritional Concerns for Bariatric Surgery</td>
<td>Sue A. Shapses, Tara Mauro, and Robert E. Brolin</td>
<td>439</td>
</tr>
</tbody>
</table>
24 Composition, Production, Consumption, and Health Effects of Added Sugars ................................................................. 457
James M. Rippe and John S. White

25 Low Calorie Sweeteners and Weight Management ................................................................. 481
Danielle Greenberg, Richard Black, and Catherine Cioffi

Part V Prevention of Major Disabilities: Geriatrics

26 Diet, Osteoporosis, and Fracture Prevention: The Totality of the Evidence .................. 497
Laura A.G. Armas and Robert P. Heaney

27 Optimizing Nutrition to Delay Age Related Macular Degeneration .................................. 517
Molly Schleicher, Elizabeth Whitcomb, and Allen Taylor

28 Micronutrients and Immunity in Older People ................................................................. 531
John D. Bogden and Donald B. Louria

Part VI Prevention of Major Disabilities: Adults and Children

29 Gastric Acid Secretions, Treatments, and Nutritional Consequences .................. 553
Ronit Zilberboim and Adrienne Bendich

30 The Impact of Micronutrients on Inflammation and Health in Low- and Middle-Income Countries ................................................................. 597
Ian Darnton-Hill, Faruk Ahmed, and Samir Samman

31 HIV and Nutrition .................................................................................................................. 645
Murugi Ndirangu and Kevin A. Sztam

32 Folic Acid During Pregnancy May Reduce the Risk of Certain Types of Severe Congenital Heart Defects: Time for Action? ................................................................. 677
Andrew E. Czeizel

33 Maternal Nutrition and Preterm Delivery ........................................................................ 705
Theresa O. Scholl and Xinhua Chen

34 Linking Prenatal Nutrition to Adult Mental Health .............................................................. 733
David St. Clair and Ezra Susser

Part VII Nutrition Transitions Around the World

35 Nutritional Habits and Obesity in Latin America: An Analysis of the Region .......... 751
Nicole Figari, Oscar Castillo, and Jaime Rozowski

36 Sodium Consumption in Southeast Asia: An Updated Review of Intake Levels and Dietary Sources in Six Countries ................................................................. 765
Maria Sofia Amarra and Geok Lin Khor
37 The Role of Food Security in Preventing the Rise of the Nutritional Double Burden in Low-Income Countries ................................................................. 793
   Andrew D. Jones
38 Role of the Food and Supplement Industries in Human Health ......................... 807
   Michael I. McBurney and Eric D. Ciappio
39 Supplementation: Its Evolving Role in Prevention ............................................. 823
   Bruce P. Daggy and Francis C. Lau
40 The Role of Preventive Nutrition in Clinical Practice ........................................ 843
   Atheer Yacoub and Wahida Karmally

Appendix A: Recommended Books and Websites .................................................. 865
Appendix B: Other Relevant Volumes .................................................................. 869
Appendix C: Websites of Interest ........................................................................ 871
Appendix D: Table of Contents from Editions 1 to 4 and Contents of Primary and Secondary Edition ................................................................. 875
Index .................................................................................................................. 893
Preventive Nutrition
The Comprehensive Guide for Health Professionals
Bendich, A.; Deckelbaum, R.J. (Eds.)
2015, XXXIII, 909 p. 106 illus., 59 illus. in color.,
Hardcover
ISBN: 978-3-319-22430-5