CONTENTS

Series	s Introductionvii
Forev	word, by Eric B. Rimmix
Prefa	ce <i>xi</i>
Contr	ributorsxv
1	Nutrition Advocacy for Better Health
2	Population Nutrition, Health Promotion, and Government Policy13 Norman J. Temple and Marion Nestle
3	Calcium Intake and the Prevention of Chronic Disease:
	From Osteoporosis to Premenstrual Syndrome31 Robert P. Heaney
4	Sodium and Other Dietary Factors in Hypertension
5	Proper Nutritional Habits for Reducing the Risk of Cancer
6	Health Benefits of Soy Isoflavones
7	Antioxidants in Health and Disease
8	Dietary Antioxidants and Protection from Coronary Heart Disease
	Jayne V. Woodside and Ian S. Young
9	Dietary Fat, Blood Lipids, and Coronary Heart Disease Risk121 Robert Clarke and Chris Frost
10	Current Theories Regarding the Influence of Diet and the Control of Obesity
	and Barry M. Popkin

xiv Contents

11	Homocysteine, Diet, and Cardiovascular Disease	151
12	Medical Nutrition Therapy for Diabetes: What Are the Unanswered Questions?	167
13	Health Aspects of Fish and n-3 Polyunsaturated Fatty Acids from Plant and Marine Origin	195
14	Optimizing Nutrition for Exercise and Sport	207
15	Health Promoting Herbs as Useful Adjuncts to Prevent Chronic Diseases	237
16	Fetal Nutrition and Cardiovascular Disease in Adult Life David J. P. Barker and Keith M. Godfrey	253
17	Impact of Nutritional Epidemiology **Barrie M. Margetts**	269
18	Use of Biotechnology to Improve Food Production and Quality <i>Donald C. Beitz</i>	289
19	Nutrition on the Internet	299
20	Nutrition in the 21 st Century	315
In	dex	325