

CONTENTS

Foreword	vii
Preface	ix
Contributors	xv

PART I CANCER PREVENTION

1 Diet and Childhood Cancer: <i>Preliminary Evidence</i>	3
<i>Greta R. Bunin and Joan M. Cary</i>	
2 Prevention of Upper Gastrointestinal Tract Cancers	21
<i>Elizabeth T. H. Fontham</i>	
3 Diet and Nutrition in the Etiology and Primary Prevention of Colon Cancer	47
<i>Robert M. Bostick</i>	
4 Preventive Nutrition and Lung Cancer	97
<i>George W. Comstock and Kathy J. Helzlsouer</i>	
5 Nonnutritive Components in Foods as Modifiers of the Cancer Process	131
<i>John A. Milner</i>	

PART II CARDIOVASCULAR DISEASE

6 Dietary Fat and Coronary Heart Disease	157
<i>K. C. Hayes</i>	
7 Iron and Heart Disease: <i>A Review of the Epidemiologic Data</i>	175
<i>Christopher T. Sempos, Richard F. Gillum, and Anne C. Looker</i>	
8 Homocysteine, Folic Acid, and Cardiovascular Disease Risk	191
<i>Shirley A. A. Beresford and Carol J. Boushey</i>	
9 n-3 Fatty Acids from Fish and Plants: <i>Primary and Secondary Prevention of Cardiovascular Disease</i>	221
<i>William E. Connor and Sonja L. Connor</i>	

PART III PREVENTION OF MAJOR DISABILITIES: IMPROVEMENT IN HEALTH OUTCOMES

10 The Relationship Between Nutritional Factors and Age-Related Macular Degeneration	247
<i>Shirley Hung and Johanna Seddon</i>	
11 Osteoporosis: <i>Minerals, Vitamins, and Other Micronutrients</i>	271
<i>Robert P. Heaney</i>	
12 Antioxidant Nutrients and Prevention of Oxidant-Mediated Diseases	293
<i>Ronald Anderson</i>	

13	Micronutrients and Immunity in Older People	307
	<i>John D. Bogden and Donald B. Louria</i>	
14	Impact of Vitamin A on Immunity and Infection in Developing Countries	329
	<i>Richard D. Semba</i>	
<i>PART IV OPTIMAL PREGNANCY/INFANCY OUTCOMES</i>		
15	Folic Acid-Containing Multivitamins and Primary Prevention of Birth Defects	349
	<i>Andrew E. Czeizel</i>	
16	DNA Damage to Sperm from Micronutrient Deficiency May Increase the Risk of Birth Defects and Cancer in Offspring	373
	<i>Craig A. Mayr, Alan A. Woodall, and Bruce N. Ames</i>	
17	Maternal Nutrition and Preterm Delivery	387
	<i>Theresa O. Scholl</i>	
18	Dietary Polyunsaturated Fatty Acids for Optimal Neurodevelopment: <i>Recommendations</i> for Perinatal Nutrition	415
	<i>Ricardo Uauy, Patricia Mena, and Patricio Peirano</i>	
<i>PART V GLOBAL PREVENTIVE NUTRITION STRATEGIES</i>		
19	Effects of Western Diet on Risk Factors of Chronic Diseases in Asia	435
	<i>Kaichi Kida, Takuo Ito, Sei Won Yang, and Vichai Tanphaichitr</i>	
20	Potential Benefits of Preventive Nutrition Strategies: <i>Lessons for the United States</i>	447
	<i>Walter C. Willett</i>	
21	Goals for Preventive Nutrition in Developing Countries	465
	<i>Osman M. Galal and Gail G. Harrison</i>	
<i>PART VI NUTRITION-RELATED RESOURCES</i>		
	Books Related to Preventive Nutrition	479
	Websites of Interest	483
Index	489