

# Preface

The overriding objective of *Preventive Nutrition: the Comprehensive Guide for Health Professionals* is to provide our peers, graduate and medical students, and knowledgeable professionals interested in nutrition with relevant, data-driven reviews of the most objective, up-to-date evaluations of the role of nutrition in health and disease prevention. For the past 20 years, we have developed five volumes on this topic and have provided 160 chapters contributed by over 200 of the most respected research- and practice-oriented nutritional professionals, many of whom have provided their chapter for each of our volumes. The volumes contain hundreds of tables and figures and over 100,000 relevant references. Because our aim was to make this the “go-to” volume for our readers, we have included lists of relevant books and websites.

Of course, in the past 20 years, the field of communication has changed dramatically, and we feel fortunate that Humana Press was sold to Springer because Springer is the leader in electronic publishing. Although fewer people and even fewer libraries purchase hard copies of technical books such as ours, they are downloading books and chapters within books, and this is happening around the world. We are very pleased to note that more than 200,000 chapter and book downloads of *Preventive Nutrition* volumes have been made since this format became available. It is this great interest in the information in our volumes that has propelled us to develop the fifth edition so that our readers have the most current information available in the form of expert reviews.

Each of the volumes has contained new chapters that broaden the basics and add to our perspectives of where clinically based nutrition is headed. The fifth edition includes many new chapters and is the largest of the volumes. Twelve new chapters review the regulatory environment for foods and dietary supplements and how these differ between countries; the consequences of national tariff structures on access to nutritious foods; the development of global nutrient density metrics; diet-gene interactions; nutritional aspects of stroke prevention and care; fiber and Type 2 diabetes; bone health, obesity and diabetes, and the roles of sugars and nonnutritive sweeteners; nutritional positives and negatives of bariatric surgery; sodium consumption in Southeast Asia and health consequences; food security in developing nations; preventive nutrition and the food industry and in the supplement industry; and the role of preventive nutrition in clinical practice.

Within the updated chapters, we have many new evidence-based data that assure the economic benefits of disease prevention as well as the public health benefits to nations that invest in the improvement of their population’s diet: research that indicates that all new drugs need to be tested for their nutritional consequences and continued research that adds to the totality of the evidence of the role of nutrients and other dietary components in reducing the risk of cancers, cardiovascular and cerebrovascular diseases, and diabetes and obesity. We learn about folic acid supplementation during the periconceptional period not only with reducing neural tube birth defects but also to significant reductions in major congenital heart defects, associations between dietary carbohydrates and risk of age-related macular degeneration, effects of proton pump inhibitors on increasing the risk of bone fractures, and the role of chronic inflammation associated with obesity on health outcomes in

low-income nations in Africa as well as Latin America and South America. Thus, our authors have again provided readers with the most relevant research from around the world that can impact the health of their patient population as well as their healthy clients. The chapters also serve as critical reviews of nutrition research in areas of great importance to physicians, nutritionists, dieticians, dentists, nurses, pharmacists, graduate students, medical students, allied health professionals and health educators, and policy makers who are interested in the potential for preventive nutrition strategies to reduce the risk of chronic diseases.

We are sincerely grateful to all of our authors who have developed such excellent chapters for our volumes. The best part of being the volume editors is getting to read the chapters and learning so much from the experts! We are especially saddened by the passing of Dr. Andrew Czeizel who contributed a chapter to each of the five Editions on the topic of nutrition's role in preventing serious birth defects. We acknowledge and thank our excellent colleagues at Springer/Humana Press including Joanna Perey, Martine Chevry, and Richard Lansing, the production staff, and others who have worked so hard to prepare this volume for publication. We also thank our staffs and our families for providing their support as we spend many hours and days working on these volumes.

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