

Principles of Nutritional Assessment. Editor Rosalind S Gibson. Oxford University Press Inc. 2nd Edition. 2005.

Nutritional assessment at the individual, group, community and hospital level forms the basis of nutritional practice and intervention. It is a field in continuous change with significant new developments in approach, standards and nutritional assessment tools. The second edition of *Principles of Nutritional Assessment* is an update of the first (1990) edition and a timely, valuable and useful addition to the armamentarium of dietitians/nutritionists and other health professionals involved in nutrition. The approach adopted (the ABCD (anthropometry, biochemistry, clinical and dietary) of nutritional assessment) and presentation of data ensure that the book can be used equally well by health professionals and students of nutrition in the developed and developing world. In line with developments in the field, the context of the data addresses the reduction of risk of chronic disease rather than prevention of nutrient deficiency diseases. The book is completely rewritten to include

updated information on biochemical biomarkers and appropriate reference data including anthropometric surrogates of intra-abdominal fat, as well as the validation, advantages, limitations and application of the methods of nutritional assessment together with confounding factors that may influence the interpretation of nutritional assessment data. The section on micronutrient status assessment reflects the intense current interest in the field not only in content but also in non-invasive approaches to estimate the risk of micronutrient deficiencies, options of body fluid sampling, and the association between sub-clinical micronutrient deficiencies and adverse health outcomes.

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