Books

Trace Elements in Human Nutrition and Health

Trace Elements in Human Nutrition and Health, a report of a
World Health Organisation Expert Committee, contains
material contributed by numerous experts consulted in
different specialised fields, together with the conclusions
reached and recommendations made by the Expert
Consultation.

The nineteen nutritionally significant trace elements that
were considered individually by the Expert Consultation
have been divided into three groups in the report, from the
point of view of their nutritional significance in humans, as
follows: (*i*) essential elements; (*ii*) elements which are
probably essential; and (*iii*) potentially toxic elements, some
of which may nevertheless have some essential functions at
low levels. The report further provides guidelines on how to
conduct and interpret trace element investigations, assess
dietary intake of trace elements, and detect and anticipate
the risks of development of trace element-related disorders.
It offers more reliable criteria with which to assess the
possibility that the dietary habits of specific communities
may have adverse effects on health, attributable to the
deficiency or excess of a specific trace element, and it will
undoubtedly contribute to the more effective diagnosis and
control of such problems. For each element, where possible,
requirements are estimated and safe ranges of intake for
population groups are proposed to facilitate both food and
nutrition planning and the assessment of observed intake as
a step in the diagnosis and control of trace element-related
disorders.

The aim of this book is to provide scientists and national
authorities worldwide with an up-to-date and authoritative
review of trace element requirements for human health and
nutrition, together with guidelines and recommendations that
will remain appropriate at least until the turn of the century.

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