

Editor's note: This section contains reviews of books, publications, and websites that, whether brand new or classic, we hope will be of interest to our readers. Notices of relevant new publications that do not actually constitute reviews will from henceforth be published on www.sightandlife.org.

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Book Review

Nutrition for Developing Countries

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Edited by Felicity Savage King, Ann Burgess, Victoria J Quinn and Akoto K Osei
Third Edition, Oxford University Press, 2015

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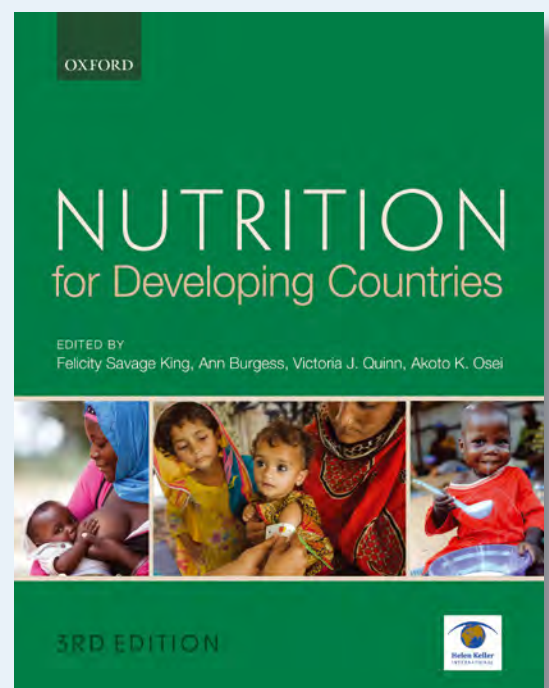
Keywords: nutrients, nutrient needs, foods, meals, nutrition problems, malnourishment, communities, nutrition education

The first edition of *Nutrition for Developing Countries* was published by Oxford University Press in 1972. As its co-author Maurice King writes in his preface to this third edition, it was written in response to a request to write a “nutrition manual,” and its success led to King being dubbed a “knowledge engineer” for his achievement in presenting such a complex topic with such admirable clarity.

In her Foreword to this third edition, Anna Lartey, Director of Nutrition at the UN Food and Agriculture Organization (FAO), writes: “This book is a ‘one-stop shop’ nutrition textbook for anybody working in a developing country who needs to update their knowledge on key nutrition topics.” Encountering the first edition for the first time in the 1980s when she was working as a nutrition lecturer at the University of Ghana, Dr Lartey recalls that she was “amazed by the breadth of topics covered and the simplicity of the language. For me,” she con-

tinues, “it is a ‘must-have’ book for anybody teaching or doing community nutrition work in Africa or elsewhere.” Dr Lartey notes that the new edition of *Nutrition for Developing Countries* “still retains its easy-to-read and well-illustrated style,” noting that the content “has been expanded to take into consideration current challenges and opportunities for nutrition, which health and nutrition professionals working in developing countries must face.”

This fully revised and updated third edition has been prepared by an international editorial team with extensive field experience in Africa and Asia. Using clear, simple language and many illustrations – some of them drawn from the previous two editions, many of them newly created for this one – it brings together the essentials of nutrition in a way which is accurate, up-to-date, and suitable for a wide range of readers.



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The book explains nutrients, nutrient needs, meal planning, and how to ensure good nutrition over the life cycle – during pregnancy, infancy and childhood, adolescence, and adulthood, including old age. Emphasis is given to the most vulnerable periods of the life cycle, especially the first 1,000 days from conception to the second birthday. It addresses the causes, diagnosis, prevention and treatment of undernutrition and micronutrient deficiencies, as well as the growing

epidemic of overnutrition and obesity, which is a leading cause of non-communicable diseases.

The new edition adds to the existing subject matter sections on the nutrition-related management of non-communicable diseases; how to feed children exposed to HIV and people with HIV/AIDS; the essential nutrition actions that improve health and survival; the key target groups (e.g., women and children under two) during critical times during the life-cycle; and optimal nutrition practices for girls and women. Appendices include recommended nutrient intakes, food composition tables, anthropometric standards and useful websites. The book is – very appropriately – dedicated “to health and nutrition workers around the world who are working to improve nutrition, especially that of women and young children.”

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Review by: *Jonathan Steffen*

Email: *jonathan.steffen@corporatestory.co.uk*

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