New Resources for Nutrition Educators

BOOK

Nutrition: Concepts & Controversies.Sizer F, Whitney E. 2011. Wadsworth, Cengage Learning, PO Box 6904, Florence, KY 41022-6904. Paperback book, 848 pp, \$121, ISBN: 978-0-538-73494-3.

This resource has a number of valuable tools for catching student interest and leading the reader through rather complex nutrition issues to a more complete understanding of nutrition science. The text has been updated and reorganized, and new features have been added since the last edition.

New features include *Concept Links* in the margins, which direct readers to earlier discussions relating to topics at hand, and *Concepts in Action* activities, which integrate chapter concepts with the *Diet Analysis Plus* program. *Food Feature* sections, practical applications of the chapter concepts that help the reader choose food according to sound nutrition principles, were continued in this edition.

The *Controversies* section remains, and new controversies have been included that delve into emerging issues. This edition references the 2005 Dietary Guidelines for Americans and does not include the 2010 version, nor does it reference the latest edition of Healthy People 2020. It uses the Healthy People goals, but not the most recent ones. The fact that neither of these documents was updated in the text is a serious issue given that they were just revised.

This edition is clear and colorful with lively figures and a logical, informal style of presentation. One of the goals is to have the reader develop a better sense of how to nourish his or her body. *Food Feature* sections, which appear in most chapters, do help make the practical connection between theory and practice; however, the food items for the model meals sometimes led to high daily sodium totals.

It should be noted that an error was found in a figure in Chapter 2, in which a nutrient-dense sample menu is compared with a convenience sample menu. Selected nutrients are compared, whereas sodium is not. Given the 2010 Dietary Guidelines for Americans recommendations on sodium, the sample meals could have been lower in sodium. The reader who

does not know better might assume that the suggested model meals should become his or her choices. In addition, Figure 2-14 incorrectly lists $\frac{1}{2}$ cup of green beans as equal to 1 cup of vegetables.

The authors mention the effects of the DASH (Dietary Approaches to Stop Hypertension) diet on reducing blood pressure. They discuss that the diet often achieves a lower blood pressure than restriction of sodium intake alone. They fail to mention the fact that the lower-sodium version of the DASH diet achieves the lowest blood pressure. Therefore, that version is the one that should be used to achieve the best results.

This 12th edition has much information to offer. However, it is not as timely and relevant as it should be, has a few errors, and, in places, the discussions are not as deep as they should be.

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doi: 10.1016/j.jneb.2011.05.014

Cite this article as McClelland JW. Nutrition: Concepts & Controversies. [New Resources for Nutrition Educators]. J Nutr Educ Behav. 2011;43:424.e5.

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J Nutr Educ Behav. 2011;43:424.e5

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