

## News & Views

### Book Review

#### **"Principles of Nutritional Assessment"**

Rosalind S Gibson

Oxford University Press, New York, 2005

Nutritional assessment is the most fundamental set of all methodologies which are at the core of human nutrition science. The first edition in 1990 of Rosalind Gibson's book in this field has become a Nutrition classic. All nutrition scientists, and those who depend on their work, from health care workers, to food regulators, policy makers and educators, can be relieved and pleased that there is now a new edition of this work, which turns out to be remarkably contemporary and relevant.

Much has been happening to improve nutritional assessment by way of the scope, detail, delectability, compilation, analysis and interpretation of data, with new and exciting meaning for the human condition. All of this, with recourse to new techniques (like DEXA for Bone Mineral Density) and the ever-advancing power of information technology, is reflected in the Gibson up-date.

The work is not only encyclopaedic on methodology and, therefore, an essential reference for nutrition practitioners, but provides much reconceptualisation of our food and nutrition thinking. This is seen on a nutrient-by-nutrient basis, with good examples for all of energy, macronutrient and micronutrient intakes. As might be expected, given the author's expertise, the minerals like iron, zinc and selenium are treated superbly. On the other hand, there is a paucity of data on phytonutrients, both macro (eg. dietary fibre and/or non-starch polysaccharide and oligosaccharide) and micro (eg polyphenolics). The vexed area of fatty acid type and profile (eg trans fatty acids) could be more developed. As a consequence, an approach to integrative food indices (food patterns, variety or diversity scores) is left undeveloped.

A book of this kind is unlikely to be all things to all nutritionists. However, it will be an obligatory part of the nutrition library for many years to come – and should be on-line!

**Professor Mark L. Wahlqvist AO, MD (Adelaide), MD (Uppsala), FRACP, FAFPHM, FTSE**

### Future Events

**October 4-7, 2005**

**2<sup>nd</sup> International Conference on Polyphenols and Health**, Davis, California, USA.  
<http://polyphenols.ucdavis.edu/>

**November 11-13, 2005**

**Health Worlds Asia 2005 - International Health Congress, Singapore** <http://www.healthworldasia.com>

**November 16-20, 2005**

**Third International Congress on Developmental Origins of Health & Disease**, Toronto, Canada.  
<http://www.mpi-evv.com/2005DOHaD/frameset.htm>

**November 30 – December 3 2005**

The Nutrition Society of Australia 28th Annual Scientific Meeting, Hilton on the Park in Melbourne. Email: [nsa@fcconventions.com.au](mailto:nsa@fcconventions.com.au)

**April 4-7, 2006**

APCNS, 15th CISPEN (Chinese International Symposium for PN & EN), Macao, China, [jiangzm@ms.imicams.ac.cn](mailto:jiangzm@ms.imicams.ac.cn)

**September 25-30, 2006**

**World Congress on Public Health Nutrition/ VII SENC Congress**, [www.nutrition2006.com](http://www.nutrition2006.com)

**October 14-17, 2006**

**Joint 8th IUNS-International Symposium on Clinical Nutrition (ISCN) and 5th Asia-Pacific Clinical Nutrition Society (APCNS) Conference 2006**  
Hangzhou, Zhe Jiang Province, China, Saturday.  
Theme: Food, Health and Economic Development  
<http://www.2006iccn.org/>

**April 25-26, 2007**

**3rd International Conference on Traditional Mediterranean Diet - MEDIET 2007, Athens**  
[mediet@heliotopos.net](mailto:mediet@heliotopos.net)

**October 4-9 2009**

**19<sup>th</sup> International Congress of Nutrition, Bangkok, Thailand**

Global Nutrition Initiative. Contact:  
[tmscb@mahidol.ac.th](mailto:tmscb@mahidol.ac.th); tel/fax: 662-590-4333



