

Book Review

Vegetarian Nutrition (*Vegetarische Ernährung*)

By Claus Leitzmann and Markus Keller
Published by Eugen Ulmer Verlag, Stuttgart, German 2010
ISBN: 9783800128938

While there are many books about vegetarianism, they are mostly written from a particular philosophical or religious point of view. A new edition of that by Leitzmann and Keller is welcome since it proceeds principally from a science or evidence-base, the authors coming from the cradle of nutrition science at the University of Giessen in Germany where they have worked in the field for a generation. This is not to say there is no philosophical approach in their writings, which have, at least, to do with the sustainability and affordability of the global food supply. How we eat is now arguably one of the most critical factors, not only in personal, but also in societal and planetary survival.

The authors acknowledge the critical nutrients and some other concerns for vegetarians, especially vegans, particularly for the vitamins B-2, B-12 and D and for long-chain n-3 fatty acids; there are strategies which do not necessarily require recourse to supplements or fortified foods, but they need careful implementation. In the case of vitamin D, climate change itself makes it necessary to minimise sun exposure because of actinic damage, just when more UV light is required to make Vitamin D in the skin, and since vitamin D is mainly obtained from animal-derived foods. For these and other reasons, the general trend in public health nutrition is to encourage more plant-based diets rather than strictly vegetarian ones. Leitzmann and Keller enable the interested and concerned to make some well-grounded decisions for themselves about these matters.

By Mark L Wahlqvist

Future Events

September 20-23, 2010
23rd biennial congress of the nutrition society and the 11th biennial congress of the association for dietetics
<http://www.nutritioncongress.co.za>

September 23-25, 2010
II World Congress Of Public Health Nutrition, Porto, Portugal
http://www.skyros-congressos.com/ni_congressos.asp?id=311
<http://www.skyros-congressos.com/>

October 1-6, 2010
THE 39th IVU WORLD VEGETARIAN CONGRESS 2010, Jakarta, Indonesia
<http://www.wvc2010.org/speakers.html>

October 4-8, 2010
4th Africa Nutritional Epidemiology Conference, Nairobi, Kenya
<http://www.anec4.or.ke>

November 10-12, 2010
The 5th Asian Congress of Dietetics, "The Art of Being Well Through Asian Dietetic Practice", Bangkok, Thailand
<http://www.acd2010.org/welcome.html>

November 18-20, 2010
The 3rd International Conference on Fixed Combination in the Treatment of Hypertension, Dyslipidemia and Diabetes Mellitus, Brisbane, Australia
<http://www.fixedcombination.com/>

February 24-26, 2011
The 2nd International Congress on Abdominal Obesity, Buenos Aires, Argentina
<http://hosted.verticalresponse.com/489573/aa062162aa/1793502973/a2620e89af/>

April 6-9, 2011
4th International Congress on PREDIABETES and the METABOLIC SYNDROME, Madrid, Spain
<http://www.kenes.com/prediabetes>

June 5-9, 2011
7th Asia Pacific Conference on Clinical Nutrition, Bangkok, Thailand
<http://www.apccn2011.org>

July 13-16, 2011
11th Asian Congress of Nutrition, Suntec Singapore International Convention & Exhibition Center, Singapore
<http://www.acn2011.com.sg>
[http://acn2011@ams.edu.sg](mailto:acn2011@ams.edu.sg)

August 3-6, 2011
XI Asian Congress of Nutrition 2011, Singapore
<http://www.fans-web.org/>
<http://www2.kenes.com/prediabetes2011/Pages/Home.aspx>

September 12-15, 2011
FANUS Conference, Federation of African Nutrition Society, International Conference Centre, Abuja, Nigeria
<http://www.nutritionssociety-ng.org>

2014
6th Asian Congress of Dietetics, Taipei, Taiwan
<http://www.idf.org/>

2017
21st International Congress of Nutrition, Argentina
<http://www.icn2009.com/>