非胰島素依賴性糖尿病（NIDDM）患者膳食模式的建議

目前建議非胰島素依賴性糖尿病（NIDDM）患者全日的能量分配和碳水化合物總能量的攝取是不夠的，我們以11個NIDDM患者為對象，比較了三餐能量分配的膳食模式和以晚餐為主要能量來源的膳食模式，這兩種膳食模式中，宏觀營養素攝取的總能量的百分數是：脂肪占29.8%，蛋白質占20.8%和碳水化合物占51.6%。當攝取三餐能量和碳水化合物平均分配的膳食時，血糖反應在早晨較低，這與以前對象的研究報告相反，飯後血糖反應僅在以下的其他時間，當攝取以晚餐為主要能量來源的膳食時，血糖反應僅在早晨與晚餐並無差異。同時，晚餐血糖反應在三餐平均能量分配的膳食模式，（<0.01，以血糖面積比較），雖然以晚餐為主要能量來源的膳食模式對胰島素的敏感性較差，但兩種膳食模式在全日胰島素反應方面並無明確差異。

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Table of composition of Australian Aboriginal bush foods by J. Brand Miller, K. James and P. Maggiore

This book is the first comprehensive set of tables of composition of 500 foods indigenous to Australia.

Virtually all food eaten by non-Aboriginal Australians has been exotic to this continent, except the fish and shellfish. This was probably related to the lack of reliable and standardized information available to non-Aboriginals on the nutrient composition of native Australian bush foods, their safety and preparation.

Aborigines have lived in Australia for more than 40,000 years; all their foods once came from the gathering of plant foods and hunting of wild animals or fishing, and they appear to have thrived on this exclusively bush diet. The knowledge of Aboriginal Australians (especially the elders) regarding edible bush foods, is therefore an invaluable resource. By demystifying the nutrient composition of bush foods, this not only provides opportunity to expose these nutrients, nutrient-dense foods to the world, increasing the food variety of our current diets, but also encourages Aboriginal people especially, to retain, in part, their traditional food habits which appeared to have kept them in relatively good health.

The strength of this book is that most foods listed in the tables were collected and processed by Australian Aborigines. The foods are clearly and unambiguously named and described and the source given for each food listing. Procedures were used to assure the quality of the data, such as multiple sampling. However, the authors cautioned that not all the foods listed are safe to eat and that the nutrient figures do not reflect the average composition of the food, given the nature of ‘wild’ plants which have not been cultivated under controlled conditions. This means that the calculation of nutrient or other food component intakes may require caution. Nevertheless, the data provide an invaluable insight into the bush food source of various nutrients (even if figures are ‘ball-park’). A limitation of the tables is that some of the water-soluble vitamins are not listed (such as folacin, pyridoxine and cobalamin). However, the minerals are well represented (including zinc, copper, lead, cadmium).

It is obvious that a great deal of work has gone into compiling these foods, yet gaps exist. The benefits, however, of having such a resource available to us outweighs the limitations. The book will be useful to the Aboriginal community and to those interested in the nutritional status and health of Aboriginal Australians. The tables will also be of interest to biologists, historians, and chefs. We can look forward to the cultivation of some of these native bush foods in Australia. To quote Truswell, ‘it is time that Australia offered something back to the rest of the world as food for the table’.

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Food and Nutrition in Fiji: A Historical Review
Edited by A.A.J. Jansen, S. Parkinson and A.F.S. Robertson
Jointly published by The Department of Nutrition and Dietetics, Fiji School of Medicine and The Institute of Pacific Studies, University of the South Pacific, 1990.

There has been a recent surge of interest among the public, academic and governmental agencies to understand the relationship between food habit, nutrition and the epidemiology of many chronic diseases in both developed and developing nations. Availability and appropriate application of relevant food nutrition research data could effectively reduce and control nutrition-related diseases. On the other hand, prevention of these conditions, would be difficult where research data are not available for use in developing intervention strategies. In the less developed nations, these data are not easily available. The book Food and Nutrition in Fiji: A Historical Review is therefore a remarkable achievement. This book with 14 ‘eminent guest writers’, edited by two renowned scholars and nutritionists, has 58 comprehensive articles presented in two volumes and expresses two main aims. The first aim is to ‘make information available and rescue older information from oblivion’. The second aim is to acknowledge ‘earlier researchers in the field of food and nutrition who often worked under difficult and frustrating conditions’. These objectives have been brilliantly achieved by the editors, a really tedious task in developing nations.

Volume 1 covers a historical review of food production, composition and food intake. To enable the reader to select papers covering the areas of interest, a collection of surveys, research and governmental statistical data on related topics are assembled under the following 10 topics: the evolution of the Fiji food system; food composition; food preparation and food preservation; food intake; the feeding of infants and young children; aquaculture; fish consumption; and food technology. The topics cover enormous studies ranging from Fiji’s geography, political system, population, health status, economy, historical and present agricultural practices, and historical and present food technology. Volume 2 contains 28 articles, and deals with nutrition-related diseases and their prevention. The specific subject areas presented include an overview of literature on aspects of morbidity and mortality in Fiji with demographic data from 1881-1986; clinical aspects of protein energy malnutrition, anthropometric data, parasitic diseases and food contamination, nutrition intervention; diabetes mellitus; cardiovascular diseases; cancer and hereditary disorders to mention a few. It is interesting to note the comparisons of the prevalence and the incidence of diseases between gender, between males and females, between rural and urban areas and between the two major ethnic groups in Fiji, namely the Indians and the native Fijians. For example, the rate of the communicable diseases are higher in the urban than the rural areas. Rural and urban Indians have significantly higher diabetes prevalence rates than native Fijians. With reference to cardiovascular diseases, the overall mean systolic and diastolic blood pressure of Fijians and Indians increases with age, but blood pressure rose more with age in Indians than Fijians. Acute myocardial infarction is predominantly a disease of males in Fiji especially in Indians. The male-female ratio varies from 4.1 to 12.1. The ethnic ratio of Indians: native Fijians was 13:1 although a ratio of 32:1 had been reported.

Each paper includes an introduction and review of literature, data presentation, discussion of data, conclusion and elaborate bibliography. Additional references and appendices with explanation are common features. For each major table the list of sources (authors) are indicated. Such emphasis increases acknowledgement of researchers in the field. In a number of studies, data obtained are compared to data generated world-wide in similar studies on different ethnic groups. This increases the potential use of the book. In conclusion, this book would be very useful to public health nutritionists, epidemiologists, sociologists, and any other person interested in research in the area of food habits and ethnicity.
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Fundamentals of Clinical Nutrition

R.L. Weinsier and S.L. Morgan

Ldon: Mosby Year Book Inc., 1993

There is a distinct lack of suitable clinical nutrition texts for medical students. This book can justifiably rank as one of the suitable – and indeed desirable – of such books. It is contemporary, succinct, clear and relevant. The presentation is attractive, with a differently coloured section on more systematic nutrient science, and coloured photographs (presumably the print ran has been large enough and anticipatory of a significant market!). Being American it only goes partway to use of SI (Scientifique Internationale) units (eg ounces, mg/dl, feet and inches (the latter with cm as well).

The one area of particular difficulty for medical graduates is the acquisition of a knowledge about food, its chemistry, patterns of eating in the community, and ways of counselling. This book is embryonic, but encouraging in its development of these topics – dietary guidelines, and ‘good sources of micronutrients’ are examples of valuable material.

A sense of critical thinking in clinical nutrition, with ability to prioritize a patient’s problem as nutrition or otherwise could have been done better, but may require a larger book. There are up-to-date references, including some key primary sources of information. And there are patient studies, which are particularly helpful.

The book successfully takes clinical nutrition further towards the successful diagnosis and management of non-communicable disease, beyond the areas of wasting disorders and nutrient deficiencies, important as these are. ‘Therapeutic diets’ may increasingly give way to ‘preferred ways of eating’ in recognition of a greater role for the application of principles (rather than prescriptions) and recruitment of patients’ own decision-making for successful food intake change. ‘Exchanges for diabetes’ do not fully acknowledge the ‘glycaemic indices’ of food and other considerations of relevance in the nutritional management of diabetes.

Elementary clinical-nutritional epidemiology is introduced and is a good beginning to an appreciation of the critical underpinning of clinical nutrition.

The book is no doubt one of a new generation of ‘discipline-defining’ books in clinical nutrition and very worthy of purchase.

Mark L. Wahlqvist

McCane and Widdowson: A scientific partnership of 60 years

Edited by Margaret Ashwell

British Nutrition Foundation. £19.95.

Published by the British Nutrition Foundation, High Holborn House, 52-54 High Holborn, London WC1V 6QH.

As reviewed by Mark L. Wahlqvist (in volume 2, issue 2, p. 101).

This photograph of (left to right) Elsie Widdowson, Don Cheek, Dan Strood, Mark Wahlqvist and Boyd Straus was omitted from the review of the above book, as published in issue 2 of this volume (see p. 101).
News

ACNS Meetings – 1993

Madeleine Ball
ACNS President

In 1993 the ACNS organized and supported two international meetings - the 3rd Australasian Clinical Nutrition meeting in Dunedin, New Zealand on 25/26 August and the Satellite meeting to the IUNS conference which was held in Melbourne on 23/24 September. The proceedings of the latter, an excellent meeting, on 'Appropriate Technologies in Body Composition' will be published in a supplement to the Asia Pacific Journal of Clinical Nutrition at the beginning of 1994. The meeting in Dunedin was a joint meeting with the New Zealand Nutrition Society and the papers presented will be published in the Proceedings of the Nutrition Society of New Zealand. We would, however, like to summarize the Dunedin meeting and ACNS members contribution in a short report in this Journal.

As well as being a joint Nutrition Societies meeting, the ACNS conference was held concurrently with meetings of the Endocrine Society of Australia, the New Zealand Society of Endocrinology, the Australian Diabetes Society, the New Zealand Society for the study of Diabetes and half a dozen other societies. The programme was designed to integrate the presentations where there was common interest and invited international speakers. We therefore commenced the meeting with a joint session on 'Lifestyle and Diabetes'. The speakers were Gabriel Riccardi from Naples and Monique Toc’lier from Dusseldorf. Both gave excellent talks on the subjects of 'Lifestyle of diabetic patients in Europe - a review' and 'The optimal composition of the Diabetic Dietary prescription' respectively.

We commenced the Nutrition Society meeting with a welcome to Dunedin. Mark Whitley then presented the introductory lecture on the topic of 'Non-nutrients in Food' which provided an interesting review of a topic which many of us had not considered carefully before. This was followed by three short presentations of research by ACNS members.

Ian Paddy from Perth presented work from his group entitled 'The effects of caloric restriction and exercise on the glucose-insulin axis in sedentary overweight men'. Jenny Walker presented some work we had performed in Otago/Southland on 'Calcium intake and low fat diets' and Marianne Ha presented her work on 'The effect of apple fibre on lipids and lipoproteins' performed by some members of the Nutrition and Food Science Department.

After lunch we had a session on Adolescent Nutrition and David Woodward from Hobart presented his work looking at food intake in teenagers. Michael Fay, from Otago University's Marketing Department, talked about