



Essentials of human nutrition

Second edition

Edited by

Jim Mann & A. Stewart Truswell

Essentials of Human Nutrition

SECOND EDITION

Edited by

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Second Edition

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Preface to the Second Edition

We and our contributors are very pleased that *Essentials of Human Nutrition* has established itself as a reliable and reader-friendly textbook for students embarking on courses in human nutrition. It has been adopted as a human nutrition course textbook in several countries, and has proven a useful reference work for medical students, doctors and other health professionals requiring up-to-date, authoritative information on the role of nutrition in human health.

Nutrition research and interpretations of it do not stand still. To ensure the information remains as current as possible we and Oxford University Press have produced this thoroughly revised and updated second edition, three years after the successful first edition—something which is not possible with larger textbooks. All sections have been revised and new chapters added, including one on the topical issue of Functional Foods.

This Second Edition has seven new contributors, with contributors coming from Australia, Canada, Germany, The Netherlands, New Zealand, South Africa, and the United Kingdom. We are very grateful to our contributors for their expertise and cooperation.

Jim Mann
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November 2001

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Miss Beth Gray acted as editorial assistant. She typed many of the chapters and amended most of the others after the editorial process. She also had the unenviable task of converting the entire text and tables into a standardized format. We are immensely grateful to her for this key role in the production of this book.

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Dedication

The Editors would like to dedicate this book to Marion Robinson, whose outstanding contribution to teaching and research in human nutrition is acknowledged.

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