

BOOK REVIEWS

Carol J. Lammi-Keefe, Sarah C. Couch, Elliot H. Philipson (Eds.)

The Handbook of Nutrition and Pregnancy

Humana Press; 2008. 375 pages. Binding. hardcover

ISBN 978-1-58829-834-8, e-ISBN 978-1-59745-112-3.

Handbook of Nutrition and Pregnancy was published in Nutrition and Health™ series of books that aim to provide professionals with texts that are considered essential. This book is written for the clinicians and other health care or public health professionals who counsel and treat pregnant women and women of childbearing age.

The book comprises altogether five parts; each of them contains several (two to twelve) chapters written by well-recognized respected authors from United States and (one author) from Canada. Each chapter starts with the summary of the most important knowledge which is after it discussed properly and documented with tables or figures, and ends with the list of references.

Part I focuses on nutrient and health needs during normal pregnancy and involves the following chapters: Nutrient recommendation and dietary guidelines; Optimal weight gain; Physical activity and exercise in pregnancy; Food, folklore, and flavour preference development. This part provides basic necessary information on macro- and micronutrient recommendation for pregnancy, recommended food pattern, guidelines for achieving optimal gestational weight gain, exercise guidelines for healthy pregnancy and postpartum period, and dietary changes and flavour perception throughout pregnancy.

Part II is related to nutrients needs and factors during the high-risk pregnancy. As obesity dominates among the risk factors, the book makes reference to health consequences of pregestational obesity and possibilities of weight loss surgery. Nutrition in multifetal pregnancy, problems of adolescent pregnancy, anorexia and bulimia, diabetes in pregnancy, preeclampsia and AIDS/HIV in pregnancy are also discussed.

Part III is concentrated on special diets, supplements, and specific nutrients during pregnancy as popular diets and recom-

mendations for healthy eating, weight loss supplements, dietary supplements during pregnancy (their need efficacy and safety), vegetarian diets – pro's and con's for pregnancy outcomes, iron requirements and adverse outcomes, folate requirements during pregnancy, optimization of folate intake and drug and alcohol impact on folate status.

Part IV focuses on nutrition during the postpartum period – nutrition demands for lactating women, RDIs for macronutrients, vitamins and minerals, and dietary intake of long-chain polyunsaturated fatty acids. Further, postpartum depression and the role of nutritional factors are discussed.

Part V provides a brief view on nutrition status and pregnancy in the developing world and the implications of the nutrition transition in the developing countries. Causes of maternal mortality and the link with nutrition are emphasized; anemia and iron deficiency, supplementation, fortification and parasitic infection control are discussed. Special attention is paid to micronutrient status and pregnancy outcomes in HIV-infected women in developing regions.

In conclusion, *Handbook of Nutrition and Pregnancy*, edited by Carol L. Lammi-Keefe, Sarah C. Couch, and Elliot H. Philipson, is highly recommendable to health professionals, nutritionists, dietitians, researchers and students with the most up-to-date information in the field of nutrition and pregnancy outcomes. From the point of view of the European readership criticism deserves only the fact that some authors use preferentially the non-standard unit instead of SI Units and exceptionally the conversion factor is not included.

Milena Černá