Book Reviews

Nutrigenetics and Nutrigenomics. World Review of Nutrition and Dietetics, Volume 93, 2004. Editors AP Simopoulos and JM Ordovas. ISBN 3-8055-7782-6.

The explosive and fast-accelerating growth of the field of Nutrigenetics/Nutrigenomics makes this volume, the third in the series on the subject (see volumes 63 and 80) in *World Review of Nutrition and Dietetics,* an invaluable resource for health professionals and students of nutrition alike. This volume contains both basic and advanced knowledge in the field, updating the reader on recent developments and projects and, with measured excitement, on likely future developments. It also highlights the continuously developing paradigm of the interaction between genetics as the determinant of disease susceptibility and the influence of nutrition and the environment thereon. A number of key topics are expertly covered, ranging from the nutritional implications/outcomes of genetic variation to the genetics of coronary heart disease risk and plasma lipids, environmental influences on disease within the context of genetic background, evolutionary aspects of the Western diet in relation to dietary fatty acids and the omega-6/omega-3 ratio, the role and importance of nutrients on gene expression, and the role of Nutrigenomics in evaluation of the safety and efficacy of bioactive compounds. Furthermore, the implications of genetic variation on nutritional requirements and diagnosis of nutrient deficiencies defined in terms of increased risk of disease rather than cut-off biochemical blood levels together with the role of dietary components in the development of type 1 diabetes mellitus and cancer risk are also highlighted. Not surprisingly, the chapter on physical performance ability as determined by genetic variation is both fascinating and complex. Of added value is the appended glossary of the relevant terminology and the recommendations for genetic screening.

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