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An authoritative and comprehensive collection of cutting-edge reviews by leading authorities detailing the scientific evidence for the health effects of vitamins, minerals, functional foods, and other classes of foods. The authors provide readers with updated recommendations on a wide range of significant nutritional questions, including the cardiovascular effects of homocysteine and dietary fats; the importance of antioxidants and soy isoflavones with respect to heart disease and cancer; and the use of dietary modifications in the prevention and/or treatment of blood pressure, obesity, diabetes, and osteoporosis. Richly insightful and up-to-date, *Nutritional Health: Strategies for Disease Prevention* offers sound advice on optimizing our nutritional habits, as well as a valuable guide to the growing body of literature that shows how nutritional interventions have become essential to reducing the risk of chronic disease.

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