

Nutrition and Fitness Cultural, Genetic and Metabolic Aspects Simopoulos A.P. (ed)

**For once, it's not (only) in your genes...
Neither your DNA, nor your environment or your country of residence are the
most important contributors to a healthy lifestyle, but: nutrition and
exercise.**

Our sedentary lifestyles, particular in western societies, have contributed to the epidemic proportions of obesity in the developed world. Recent research underscores the assumption that the most important causes for obesity are not genetically or environmentally determined but are largely routed in the kinds and amounts of food we eat and our willingness to move our bodies. This new book not only looks at the health issues and risk factors for the individual, but also at global nutrition problems and the role governments should play when it comes to nutrition and fitness.

Starting with a reflection on nutrition, fitness and the concept of positive health from ancient times to the present, the focus then shifts to in-depth articles on the role of omega-3 and omega-6 fatty acids in health and disease, non-conventional genetic risk factors for cardiovascular disease, the impact of the APO E genotype on health, nutrition and fitness, nutrition in the prevention of chronic disease, and the connection between exercise and obesity. Nutritional risk factors for gastrointestinal cancers, Mediterranean diets as a global resource in health and disease and a thorough consideration of political issues conclude the volume.

With its wide spectrum of topics covered, this publication will be of interest to geneticists, nutritionists and dieticians, exercise physiologists, cultural anthropologists, historians, pediatricians, internists, general practitioners, health care providers, scientists in industry and government, policymakers, and national and international governmental organizations.

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