

Book review

Malićević, S. (2020). *NUTRITION WITH DIETETICS – QUESTIONS AND ANSWERS*¹

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The handbook "Nutrition with Dietetics - Questions and Answers" by Sead Malićević, PhD is intended to be a textbook; however, thanks to its comprehensiveness and systematic approach, this handbook surpasses its originally defined purpose. The content of the book is presented in the form of specific questions and answers to those questions, which is a concept that makes the content more susceptible, whether the book is used as a textbook or as literature whose task is to provide interested readers with information quickly and easily.

It is written on 142 pages, and the content is organized into 14 chapters.

The first chapter "Introduction to Nutrition" provides information on the basic groups of foods and their composition, as well as the energy content of macronutrients and their share in the recommended daily energy intake.

Chapters II - IV deal with macronutrients, their chemical division and structure. Also, these chapters describe the physiological roles and metabolic pathways of macronutrients in the body, as well as their main nutritional sources.

A special chapter is dedicated to water, as a specific macronutrient without energy content, but with vital functions. The daily turnover of water in the body of an adult and the consequences of the imbalance of this turnover - dehydration and hyperhydration - are described in detail.

The next two chapters deal with micronutrients - minerals and vitamins. In addition to listing the most important and most common minerals and vitamins, their biological roles, nutritional sources, recommended daily intake, but also the consequences of excessive or insufficient intake are explained.

Chapter VIII explains the concept of body composition in a comprehensive and clear way and defines it through a hierarchical approach, explaining body composition at the chemical, molecular, cellular and tissue levels. Furthermore, the methods of assessing body composition are presented, with a detailed explanation of the most commonly used methods for assessing body composition and stating the reference values of the measures used in everyday clinical practice.

The chapter on nutrition planning, after a brief historical overview of the development of guides for proper nutrition, presents currently valid guidelines with detailed explanations and qualitative and quantitative recommendations.

A special chapter is dedicated to standards and norms in nutrition. Given that these standards and norms define the required intake of certain nutrients, but also the standards that must be met during the production, packaging, transport and storage of food, it is essential to be familiar with them in order to understand all health risks associated with inadequate quality of food in the broadest sense. The author also included specific religious and cultural standards in the list of standards, such as Halal and Kosher, which made the topic more comprehensive.

The chapter "On Diets" deals with malnutrition and obesity. Although the problem of malnutrition has not been elaborated in detail, it is important to mention this condition about which there is not enough awareness. Namely, malnutrition is insufficiently considered, although research has shown that malnutrition is present in 3-5% of the general population and even in 60% of elderly hospitalized patients. Much of this chapter is devoted to obesity, which is justified, given that obesity has taken on a pandemic character in recent decades. Methods of diagnosing obesity are described, and the greatest attention is paid to the algorithms of obesity therapy. It was

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emphasized that effective obesity therapy must, in addition to nutritional therapy, include physical activity with specific recommendations. The steps of a weight reduction program are described in detail.

Perhaps the greatest value of this handbook lies in the chapter "On Nutrition in Special Conditions", which in addition to the specifics of nutrition in particularly demanding physiological conditions such as the first years of life and pregnancy, explains the specifics of nutrition in various pathological conditions. This is especially important because, unfortunately, even among medical workers, there is still no clear awareness that diet therapy (or medical nutritional therapy) should and must be an integral part of therapy and a multidisciplinary approach to treating almost all pathological conditions and diseases. Of course, the scope of the handbook and its purpose did not allow a more detailed coverage of this topic. But regardless of the fact that it provides only basic information about diet therapy, it is important to raise awareness among medical workers about this important, but neglected aspect of therapy.

The following chapter of the handbook offers basic information on vegetarian diet and possible problems in practicing this diet, as well as eating disorders, including anorexia nervosa, bulimia nervosa, the binge eating disorder and orthorexia. The basic characteristics of these disorders are briefly described.

In addition, Chapter XIV deals with the most common myths about nutrition. In recent years, there has been a growing interest in nutrition, diets and preparing foods that ensure good health, which is generally good. However, along with the interest of the general population, the number of self-proclaimed experts in the field of nutrition is growing, and thanks to the development of information technologies, much information, which is not always based on scientific evidence, is easily accessible to a wide range of people. That is why it is important to fight against the placement of incorrect information and advocate the real, scientifically proven one.

Thanks to a thorough approach and use of modern literature, this handbook certainly represents a valuable source of knowledge for the reader who is interested in nutrition matters. It has fully met its primary purpose of being textbook literature, but it is certainly a recommendation for people who want to get valid and up-to-date information in this area.

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