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Nutrition and Fitness in Health and Disease: 2nd International Conference on Nutrition and Fitness, Athens, May 1992: Part II (World Review of Nutrition and Dietetics, Vol. 72)
This is the second of two volumes recording the proceedings of the 2nd International Conference on Nutrition and Fitness, Athens, May 23-25, 1992, and the declaration of Olympia on nutrition and fitness developed at Ancient Olympia, May 26-27, 1992. The companion volume is "World Review of Nutrition and Dietetics, Vol. 71". This volume emphasizes the importance of genetics, nutrition and physical activity in the control of chronic diseases, namely cardiovascular disease, obesity and osteoporosis. It illustrates how atherosclerosis can be reversed, and obesity better controlled or even prevented, through metabolic interactions brought about by the combination of specific diet and physical activity. New concepts on nutritional requirements are not limited to the deficiency model, and evidence is presented that vitamin C requirement is best determined through in situ kinetics. The final section in the book presents policies and programmes on nutrition and fitness in selected countries, making clear the need for national governments to combine or coordinated programmes and policy.

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