

BOOK REVIEW

Krause and Mahan's Food and the Nutrition Care Process – 1st Southeast Asia Edition

Janice L. Raymond & Kelly Morrow

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Globally, the interest on knowledge related to food, nutrition and dietetics has increased significantly, particularly in Southeast Asia. The increasing interest in this area could be driven by the surging incidence and prevalence of diseases related to poor nutrition throughout the life-course. Nutrition and dietetics is a dynamic area and its application differs between each population and region due to biological and cultural reasons. Hence, the publication of this book is timely, with its updated content according to the latest evidence-based science, latest nutrition guidelines, and current nutrition trends. There is a lack of books that are updated and tailored according to the practical needs of nutritionists and dietitians in this region. Fortunately, this issue is resolved with the introduction of the 1st Southeast Asia edition, which is edited according to the Asian Body Mass Index (BMI) cut-offs, nutrition guidelines of Southeast Asia, and nutrition information according to the Southeast Asian context.

The 15th edition editors are Janice Raymond and Kelly Morrow, both highly experienced dietitians and academicians. There are a total of 69 contributors, comprising experts based in the United States of America from various institutions. The Southeast Asia edition has three Southeast Asia content contributors, namely Professor Dr. Bee Koon Poh, Associate Professor Dr. Nik Shanita Safii, and Dr Mohd Redzwan Sabran. All of them are academicians from Malaysia, who are local and regional experts in the area of nutrition and dietetics. This new edition has also been reviewed by Dr. Dian Novita Chandra (Indonesia), Assistant Professor Diane Salazar Mendoza (The Philippines), Assistant Professor Dimitrios Spanos (Singapore), Associate Professor Wantanee Kriengsinyos (Thailand) to ensure that the new content has comprehensive Southeast Asia representation.

With a total page number of 1172, this book can be considered as the most comprehensive textbook covering all areas related to nutrition and dietetics with great depth of information that is applicable for students and professionals related to dietetics, nutrition, nursing, medicine, dentistry and other health sciences. This book covers important areas such as nutrition assessment, nutrition diagnosis and intervention, nutrition in the life cycle, nutrition for weight management, sports nutrition, and also medical nutrition therapy with an additional section on paediatric specialties. Some updates were introduced in this chapter, notably in areas that

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are rapidly changing, such as nutritional genomics and the latest dieting trends, including intermittent fasting. Each chapter begins with the list of key terms to indicate the importance of words within the chapter. It is then followed by general information presented in simple English sentences, colourful tables and graphics, as well as a useful website section. The useful website section is very important to help readers browse through the right websites as some internet websites may contain misleading information. The clinical insight and clinical case study section, which is edited according to Southeast Asia scenarios, may help readers relate and apply their clinical skills according to local settings.

I would strongly recommend this book for anyone who is interested to learn about topics related to nutrition and dietetics. It is not only a good text book for students, but also a comprehensive resource for medical and health care professionals who deal with these issues related to nutrition and dietetics.

Review by: Prof. Dr. Hamid Jan B. Jan Mohamed

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