



Nutrition and Global Health

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The Public Health Collection Series on Nutrition and Global Health informs students of recent global trends in nutrition, and investigates the eating patterns of other cultures as they relate to the prevention and treatment of chronic degenerative diseases. After reading the material students will be able to evaluate nutritional risk factors associated with the development of disease, and evaluate and identify eating habits connected to culture and nutritional medicine. They will also know how to use tools like food diaries to track and analyze personal nutrition intake and compare it to recommended guidelines, and design nutritional profiles with recommendations for particular populations.

Specific topics include: Anti-inflammatories; Vegetarian diets; Antioxidants; Herbs and plant extracts; The role of nutrition in mental health; and Functional foods.

Each chapter has clearly stated objectives to help focus learning, and study questions to encourage discussion and critical thinking.

Zuzana Bic, Dr.P.H. (Loma Linda University), MUDr. (King Charles University, Prague, Czech Republic), is the Director of Public Health Practice Activities in the Department of Population Health and Disease Prevention at the University of California, Irvine. She has been recognized both as Lecturer of the Year and as Outstanding Professor. Her research interests include the impact and application of lifestyle medicine on slowing the process of aging and the development of chronic degenerative diseases. In addition to her work at the university Dr. Bic frequently appears on radio and television as an expert on headaches and migraines.

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