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Preface

The assessment of nutritional status and various associated problems are of great importance. New aspects raised in this field and therefore the Presidium of BANS, formerly GEN, decided to deal with the topic at its symposium in Vienna 1993. The papers presented there are contained in this volume. Following the very interesting introductory paper by Dr. John Lupien on ‘Nutrition Policy in Europe: Design or Improvisation?’, the first subtopic deals with the nutritional status and food intake. This theme is discussed from various points of view by the contributions of Prof. Fidanza, Dr. Sarria et al., Prof. Mauron et al., Dr. Boeing, Prof. Elmadfa and co-workers, Prof. Alberti and Prof. Porrini, and Dr. Eberhardt.

In the second part, various authors discuss excellently the epidemiological studies carried out in connection with nutritional status.

The third session deals with the assessment of the nutritional status, as for example Prof. Hermus et al. with the importance of biomarkers in nutritional assessment, Prof. Elmadfa and co-workers with the relation between nutritional status and the immune system and with the nutritional status of certain vitamins in Austrian youngsters. Prof. Bird summarizes the results of the first Hungarian nutrition survey. Further, several interesting papers discuss this subtopic.

The final part contains the results of a round table discussion and their recommendations on nutrient and energy intake. These are summarized by Prof. Elmadfa (Austria), Dr. Marriot (USA), Prof. Wolfram (Germany), Prof. Durnin and Prof. Whitehead (UK), Prof. Bruce (Sweden) and Prof. Gibney (Ireland).

The Presidium would like to thank all those whose financial support enabled the publication of this volume and those who have in another way contributed to this publication. A special thank of gratitude is due to the co-editors of this book, to the authors for their valuable articles and, last but not least, Prof. Elmadfa and his colleagues for the excellent organization of the symposium and their warm hospitality.

Rtischlikon-Zrich, June 1994
Prof. Dr. med. Dr. h.c. J.C. Somogyi