



Book Review

Sports Nutrition: Vitamins and Trace Elements, by Ira Wolinsky and Judy A. Driskell (editors), CRC Press, Boca Raton, 1997, 235 pp.

This work represents a continuation in the CRC Series on "Nutrition in Exercise and Sport." This particular work focuses on the relationship of vitamin and trace element needs as they pertain to sport and exercise. Substantial evidence suggests that athletes often have inadequate dietary intakes of many of the vitamins and essential trace elements. Some research indicates the physical performance of athletes may be affected by deficiencies of specific vitamins and trace elements. This book presents a critical review of the research reports dealing with this area of sports nutrition.

The book is organized into 17 chapters that are written by leading authorities and professionals in the sports nutrition area. Each chapter is structured such that it begins with a table of contents that outlines the key topics to be discussed within the chapter for the respective vitamin or trace element. The text within most chapters includes a basic overview of the biochemical need and usage of the select vitamin and trace element being discussed. This is followed by critical evaluation of the research literature (e.g., animal and human) in which discussions typically center on whether the vitamin and trace element deficiency or supplementation results in an effect on physical performance or related physiological variables. Each chapter concludes with summary or conclusions sections that attempt to concisely synthesize the major points emphasized within the chapter. In turn, each chapter is followed by an

extensive reference list (within the book there are a total of over 1,000 references). Surprisingly, however, each of the chapters contains very few tables or figures to report information or convey concepts. The specific vitamins and trace elements discussed within the chapter are; ascorbic acid, thiamin, riboflavin—niacin, vitamin B6, folate—vitamin B12, pantothenic—biotin, vitamin A—carotenoids, vitamin D—K, vitamin E, iron, zinc, copper, chromium, and selenium.

On the whole this is another excellent installment in the "Nutrition in Exercise and Sport" series of books. It provides concise discussions of the topics within it, and presents an "even handed approach" to the pros and cons of the research literature dealing with each topic. Relative to practical application, the book could be easily used as a text within an undergraduate- or graduate-level course. However, if used in the latter case, supplemental primarily source material would be necessary to provide more in-depth and detailed discussions on certain topics. Drs. Wolinsky and Driskell have done a most admirable job with this assignment and put together a good resource book for both students and professionals to add to their personal libraries.

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