

rent with articles about herbal products, functional food products, building a healthful diet, and food colorings, among others.

Updating of some references, particularly in the "World hunger and malnutrition" unit, is needed, but the concepts presented are solid. Many would agree that ending world hunger is not adequately emphasized in practice.

In summary, the material is well prepared and clearly presented. A complete table of contents, effective glossary, and form for testing knowledge are part of the marketing features. The reading level is appropriate for a general audience. The book could also be promoted in the book section of grocery stores, on-line for educators, and with a special emphasis for school teachers at lower grades. This book helps to achieve awareness of nutrition issues without overwhelming the reader. Enjoy it, and recommend the series to associates.

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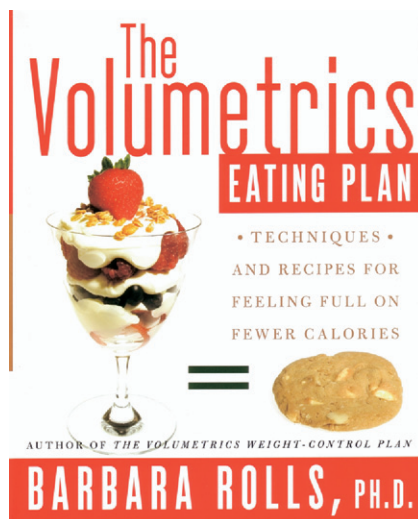
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BOOKS

Consumer

The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories, Rolls B, 2005. From HarperCollins Books, 10 East 53rd Street, New York, NY 10022, hardcover, 316 pp, \$25.95, ISBN 0-06-073729-8.

Volumetrics Eating Plan is based on Dr. Rolls' *Volumetrics Weight Control Plan* and her respected research on satiety that shows you how to choose foods that control hunger while losing weight. Along with menu planners, charts, and sidebars on healthy food choices, the 125 recipes put her revolutionary research into instructions for every meal.



There is no substitute for research-based methods to promote weight control. Dr. Rolls has taken her research on satiety and made it possible for anyone to learn how to increase the sensation of fullness while decreasing the caloric intake of foods. Her research asserts that humans are not sensitive to calories but instead respond to volume. Her studies show that people eat about the "same weight of food over the course of a day or two." Dr. Rolls concludes that if people maintain the weight of food but reduce the calories per portion, then the result is fewer calories consumed while maintaining a feeling of fullness.

Instead of attempting to reduce the amount of high-calorie foods consumed, increase the volume of food while decreasing the calories by making simple substitutions. Volume is increased by choosing foods that are concentrated in water and fiber. High-satiety foods are 1) low in energy density (ED), 2) high in fiber, 3) contain lean protein, and 4) low in fat. Using these modifications, more volume of food can be consumed for fewer calories.

This book starts with background information on the problem of overweight and obesity, then covers general nutrition education on the principles of *Volumetrics*, and finally gives information on how to get started on a personalized *Volumetrics* plan. Included in the first 2

chapters are lists of foods that fit into low to high ED categories, directions for calculating the ED of foods, a roadmap to determine calorie needs for weight loss, suggestions for activity, a template for tracking food intake and activity, as well as recipes and menus designed to help anyone get started. Although Dr. Rolls provides information to calculate caloric needs, she recommends choosing the majority of foods from very low or low ED categories, which makes calorie counting unnecessary.

Strategies to lower the ED of foods are clearly explained through tips, photos, and recipes. An ED of zero to 0.6 is categorized as very low ED, 0.6–1.5 categorized as low ED, etc. Some modifications to lower ED include choosing to eat a cup or two of berries instead of cookies, reducing the amount of fat by substituting yogurt for cream, increasing the amount of vegetables or fruits, and adding lean protein such as beans or chicken to meals or snacks. The book contains recipes of many traditional American/European foods made over in the *Volumetrics* style. There are a few recipes with an Asian and Mexican flare such as "Tofu Pad Thai" and "South of the Border Chicken Stew." Dr. Rolls provides tips for modifying the eating plan for limited food budgets in Chapter 15; however, this book is targeted to people who do not struggle with limited resources or limited reading ability.

The photos show visual examples of how dramatically the serving size increases when ED is lowered. The photos are wonderful and a great learning tool. Clients/patients will be amazed at the realization of the number of calories consumed in a few bites of "traditional" foods compared to *Volumetric* foods.

Chapters 3 through 14 are organized with a page or two of weight management tips followed by recipes and photos, starting with breakfast, appetizers, starters, and snacks and ending with dessert. There is a chapter devoted to high-fiber, broth-

based soups. Starting out with a broth-based soup or a low-fat salad is a great way to reduce calories consumed at any meal. The steps taken to lower ED of each recipe are listed beneath each photo, which is an excellent way to take the mystery out of transforming any recipe into a filling, yet weight-friendly meal or snack.

The recipes are tasty, filling, and easy to prepare. I have tried many recipes and my favorites include, "Shrimp Fried Rice," "Garden Chili," "Zesty Tuna Salad Pita," and the "Almond Chicken Salad Sandwich." One recipe, "Broccoli and Tomato Stuffed Shells," turned out a bit watery but could be modified to fit personal taste.

Feeling full does not mean that we stop eating, so the *Volumetrics Eating Plan* includes an exercise on getting in touch with hunger/satiety and suggests behavioral challenges important to maintaining a healthy lifestyle. In Chapter 2 there is a small note on learning cue control with eating. "Getting in touch with hunger," "forgiving less than ideal food choices," and "avoiding defeating thoughts or feelings" are all very difficult to achieve and contribute to much of the frustration and lack of success in making lifetime changes to dietary intake. More helpful would be a list of other resources of support in this section or to acknowledge the difficulties many face.

Overall, this book provides important information and many practical tools to aid in weight management based on sound science. There is no gimmicky draw to the *Volumetrics Eating Plan*, thus it may not be as marketable to the public as other books that promise miracles. This book is easy to read, colorful, and full of great photos. Health professionals could use this book as a resource or recommend it to their clients. A curriculum for the *Volumetrics Eating Plan* would be very useful to nutrition educators.

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EDUCATIONAL CURRICULUM

Professional

Nutrition and Activity Education (K-2), From HealthSmart Nutrition Education Resource, 2005. From Horizon Software International, LLC, 5835 Hwy 20, Loganville, GA 30052, (800) 741-7100, books and CD ROM, \$49 per grade curriculum, \$2.00 per resource CD, and \$4.95 per student workbook.

As educators find themselves under increasing pressure to help their students achieve better results on state and national standards in academic areas, there is, more than ever, a need for educating students on healthful eating and activity habits. Studies clearly link the nutritional status of children and their performance in school. The HealthSmart curriculum has been created using the National Health Education Standards established by the Center for Disease Control as its base. It then encompasses the standards developed by nutrition education by all 50 states to formulate the learning objectives and student outcomes.

With so much emphasis on academic achievement, how can teachers find the time to integrate health and nutrition curriculum into their students' day? With physical activity, gym, and recess also taking a back seat to academic subjects, a focus on health and nutrition within the confines of the classroom becomes ever more vital. HealthSmart offers a flexible, multifaceted curriculum that blends easily into the classroom, with an interdisciplinary guide that teachers can use to match components into required academic activities. The program is adaptable enough to act as a special unit for a month, a weekly unit for a quarter, or to be fully integrated into the existing science, math, and language arts curriculum where separate health curriculum is not available.

The content of the program is comprehensive, including lessons on growth of people, plants, and animals; a complete review of USDA's My-

Nutrition and Activity Education



Pyramid and activities about planning and eating healthful meals and snacks; information about dental health, germs, and bacteria; and important messages about the media and advertising. An emphasis on the need for movement and physical activity is integrated into the curriculum at every step, as it should be in our lives.

HealthSmart provides worksheets of increasing complexity by grade level, and students are actively engaged in favorite activities like I Spy, Word Seek, and matching games while they gain essential knowledge about how to fuel their day. Additional enrichment activities in the Teacher Resource Guide offer unique and fun ways for students to learn. Notable examples include activities to learn about germs by hand washing with oil and cinnamon; about healthful snack foods by baking pretzels and pizza for true hands-on service learning; and about the origins of their food with an engaging segment on local food. Student workbook activities to count advertisements while watching TV encourage a vital critical thought process at a very young age. The meal planning activities offered at the second grade level are very appropriate for this audience, empowering children to bring these messages home and be a part of the process of creating a healthful lifestyle for their families.

The CD ROM, Good Food & Play Make a Balanced Day, focuses almost exclusively on MyPyramid, and although each piece is catchy and inter-