

Public Health Nutrition

Notice board

We will be pleased to receive Letters to the Editor, suggestions of books to review and other relevant comments.

The Editors will be pleased to publish announcements of relevance to our readers for conferences, meetings and courses.

We will also publish appropriate job advertisements.

Recent Publications of Interest

➤ **ILSI Europe Publication**

Healthy Lifestyles - Nutrition and Physical Activity Concise Monograph

- *The Healthy Lifestyles - Nutrition and Physical Activity Concise Monograph* gives an overview of the existing science that underlies the promotion of healthy lifestyles. Its aim is to provide a brief summary of the state of the science in regard to those components of healthy lifestyles in which ILSI has expertise. The project responds to an European Commission Directorate General (EC DGV) programme on Community Action on Health Promotion, Information, Education and Training.

A number of European experts addressed issues related to the intake and health aspects of fat, antioxidants, dietary fibre, fluid, alcohol, physical activity and oral health. Readers should be aware that a selection of factors influencing healthy lifestyles have been addressed in this booklet.

Public Health authorities, regulators at national and European levels, as well as representatives from academia, national nutrition foundations, consumer organisations and industry will find this informative publication a useful tool. With improved understanding of the scientific basis of the relationship between nutrition and health, people in all of these groups can apply the knowledge presented in these pages in ways that can contribute to current efforts to promote healthy lifestyles.

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Future Events

➤ **The 8th European Nutrition Conference, Lillehammer, Norway, 17-19 June 1999**

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