



Managing and Preventing Obesity: Behavioural Factors and Dietary Interventions (Woodhead Publishing Series in Food Science, Technology and Nutrition)

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Obesity is an increasing problem on a global scale, and strategies for its prevention involve experts from many disciplines including nutritionists, physicians, policy-makers and public health professionals. This book covers the latest advances in obesity development, management and prevention with specific focus on dietary interventions. Part one covers the development of obesity and key drivers for its continuation and increase. Part two looks at the role of specific dietary components in obesity management, and part three discusses the role of behavioural factors such as eating patterns in managing and preventing obesity. Part four focuses on structured dietary interventions for obesity treatment, and part five looks at public interventions and consumer issues.

- Reviews how different foods and diets can affect obesity management
- Examines various ways of preventing and treating obesity
- Explores how governments and industries are preventing and treating obesity

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