



Nutrition and Alcohol: Linking Nutrient Interactions and Dietary Intake

Victor R. Preedy

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Over the past decade, much has been learned about the damaging effects of moderate to severe alcohol use has on tissue nutrient levels and dietary intake. Summarising current research, *Nutrition and Alcohol* explores the latest data available on the effects of alcohol on the nutritional state of alcohol abusers. It illustrates the combined effects of malnutrition on tissue damage and examines the role of altered nutrition on various alcohol-related diseases. The authors discuss alcohol's effects on nutrient intake and explain the action of nutrients in preventing and treating alcohol-related diseases.

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