

Peter Burckhardt  
Bess Dawson-Hughes  
Connie M. Weaver *Editors*

# Nutritional Influences on Bone Health

8th International  
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*Editors*

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## Preface

For the eighth time, specialists interested in the role of nutrition in bone development and preservation met in Lausanne, Switzerland, to hear and discuss recent research findings. Participants ranged from graduate students to senior research scientists. As in the first symposium, held in 1991, and each succeeding symposium, calcium and vitamin D dominated the program. Since the last symposium 3 years ago, controversies have arisen about the safety of calcium supplements and about the optimal amount of vitamin D needed for bone health. These and other aspects of calcium and vitamin D nutrition were addressed. New topics included the connections between fat, inflammation, and bone and the interaction of exercise and nutrition in relation to bone. Other sessions included the role of protein, with and without calcium, flavonoids, and the acid–base balance of the diet on bone and muscle. Presenters have generously provided proceedings of their presentations, which have been compiled herein. We hope that this book will be a useful compendium of the science related to areas of current interest in the field of nutrition and bone health.

Peter Burckhardt  
Bess Dawson-Hughes  
Connie M. Weaver





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