

## Immunonutrition : interactions of diet, genetics, and inflammation

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### Abstrak

The interaction of immune function and nutrition underlies the low-grade chronic inflammation involved in the etiology of many common obesity-associated and age-related chronic disease conditions. This close interaction is the genesis of the term immunonutrition, which represents a new interdisciplinary field of nutritional and medical research. Immunonutrition: Interactions of Diet, Genetics, and Inflammation introduces the breadth of this field, which implicates nutrition in both immune function and in the etiology, prevention, and treatment of common diseases influenced by inflammation and immune imbalance, including obesity, diabetes, heart disease, asthma, autoimmune diseases, and common forms of cancer.