

CONTENTS

Volume 16 No. 2 July 2003

Editors

DANIEL J NCAYIYANA
D LABADARIOS
J P DE V VAN NIEKERK

Associate Editor

A A HAFJEJEE

Assistant Editor

EMMA BUCHANAN

Technical Editor

JULIA CASCIOLA

News Editor

FRED SANDERS

Senior News Journalist

CHRIS BATEMAN

Manuscript Tracking

DENISE WHELEHAN

Head of Publishing

PETER G ROBERTS

Production Manager

ANNE COLLINS

DTP & Layout

SIOBHAN CAULFIELD

Advertising Co-ordinator

VANESSA SAMPSON

Distribution Manager

EDWARD MACDONALD

Advertising Enquiries

PUMLA KOBUS
REINA ROETS
SIPHOKAZI FEKE
Tel. (012) 481-2066

Publications Committee

R E KIRSCH (*Chair*)
T MOKOENA (*Vice-Chair*)
M N MABASA
B MAYOSI
S MAZAZA
J TERBLANCHE

Editorial Board: Clinical Nutrition

S P ALLISON (*Nottingham, UK*)
R BLAAUW (*Stellenbosch*)
M A DHANSAY (*MRC*)
J DOWNS (*Natal*)
G GERICKE (*Pretoria*)
M HENDRICKS (*Red Cross Children's Hospital*)
M G HERSELMAN (*Stellenbosch*)
E HOLM (*Mannheim, FRG*)
J E IPUTO (*Unitra*)
M MEGUID (*New York*)
G A RICHARDS (*Johannesburg*)
J L ROMBEAU (*USA*)
A SIVE (*Red Cross Children's Hospital*)
N STEYN (*University of the North*)
R SWART (*W Cape*)
J M VAN SCHALKWYK (*Johannesburg*)
H H VORSTER (*Potchefstroom*)
A R P WALKER (*SAIMR*)
T A WINTER (*UCT*)
P WOLMARANS (*MRC*)

ISSN 003-8-2469

PRINTED BY INCE (PTY) LTD.

NEWS

Food fortification becomes a reality in South Africa

39

EDITORIAL

The role of plant sterols in dietary control of high plasma cholesterol levels

Patrick J D Bouic

40

ARTICLES

Review Article: Evidence-based nutrition — using a meta-analysis to review the literature

H H Vorster, C S Venter, R L Thompson, B M Margetts

43

Functional foods with added plant sterols for treatment of hypercholesterolaemia and prevention of ischaemic heart disease

H H Vorster, F J Raal, J B Ubbink, A D Marais, M C Rajput, F Y Ntanos

49

Intra- and inter-individual variation in glucose response to white bread and oral glucose in healthy women

Theo Nell, Christina Venter, Hester Vorster, Irma Botes, Faans Steyn

58

Management of the short bowel syndrome

C R Pennington

66

CPD QUESTIONNAIRE

48, 57

ADSA DIRECTIONS

70

Articles listed in

EXCERPTA MEDICA (EM BASE). BIOLOGICAL ABSTRACTS (BIOSIS). SCIENCE CITATION INDEX (SCISEARCH). CURRENT CONTENTS/CLINICAL MEDICINE

Published by Health and Medical Publishing Group, Suites 1-2, Lonsdale Building, Gardener Way, Pinelands, 7405. All letters and articles for publication should be addressed to the Editor, Private Bag X1, Pinelands, 7430. Tel. (021) 530-6520. Fax (021) 531-4126. E-mail: publishing@samedical.org. Website: www.samedical.org

© Copyright 2000 by SA Medical Association. This work is copyright under the Berne Convention. It is also copyright in terms of the Copyright Act 98 of 1978. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission of the copyright holder.