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(1) Ballantyne C, Arroll B, and Shepherd J: Lipids and CVD management: towards a global consensus. *Eur Heart J*, 2005; 26:2224-2231

(2) Messina V, Mangels R, and Messina M: Vitamins. In: *The dietitian's Guide to vegetarian diets- issues and applications 2nd Ed*, ed by Messina V, Mangels R and Messina M, pp170-217, Jones and Bartlett Publishers, Inc, Massachusetts, USA, 2004

(3) Lohman TG, Roche AF, and Martorell R: *Anthropometric Standardization Reference Manual*, Human Kinetics Books, Champaign, Illinois, 1988

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