

## CONTENTS

## Part I: Energy

|                                                      |    |
|------------------------------------------------------|----|
| 1 Energy Requirements                                | 1  |
| 2 Body Weight, Composition and Energy Balance        | 7  |
| 3 Hunger and Appetite: Old Concepts/New Distinctions | 19 |
| 4 Obesity                                            | 35 |
| 5 Chronic Severe Undernutrition                      | 57 |
| 6 Nutritional Implications of Alcohol                | 68 |

## Part II: Macronutrients

|                                                                 |     |
|-----------------------------------------------------------------|-----|
| 7 Fat                                                           | 79  |
| 8 Essential Fatty Acids, Prostaglandins and Related Eicosanoids | 90  |
| 9 Carbohydrates                                                 | 116 |
| 10 Protein                                                      | 131 |
| 11 Amino Acid Metabolism                                        | 147 |
| 12 Dietary Fiber                                                | 156 |

## Part III: Fat-Soluble Vitamins

|                                      |     |
|--------------------------------------|-----|
| 13 Vitamin A                         | 176 |
| 14 Vitamin A Deficiency and Toxicity | 192 |
| 15 Vitamin D                         | 209 |
| 16 Vitamin E                         | 226 |
| 17 Vitamin K                         | 241 |

## Part IV: Water-Soluble Vitamins

|                     |     |
|---------------------|-----|
| 18 Ascorbic Acid    | 260 |
| 19 Thiamin          | 273 |
| 20 Riboflavin       | 285 |
| 21 Vitamin B6       | 303 |
| 22 Niacin           | 318 |
| 23 Folic Acid       | 347 |
| 24 Vitamin B12      | 247 |
| 25 Biotin           | 365 |
| 26 Pantothenic Acid | 377 |
| 27 Choline          | 383 |

## Part V: Macrominerals

|                         |     |
|-------------------------|-----|
| 28 Calcium              | 400 |
| 29 Phosphorus           | 413 |
| 30 Magnesium            | 422 |
| 31 Sodium and Potassium | 439 |

## Part VI: Microminerals

|                                                                           |     |
|---------------------------------------------------------------------------|-----|
| 32 Iron                                                                   | 459 |
| 33 Zinc                                                                   | 479 |
| 34 Copper                                                                 | 506 |
| 35 Selenium                                                               | 519 |
| 36 Cobalt                                                                 | 528 |
| 37 Fluoride                                                               | 538 |
| 38 Silicon                                                                | 548 |
| 39 Manganese                                                              | 558 |
| 40 Chromium                                                               | 571 |
| 41 Iodine                                                                 | 587 |
| 42 Other Trace Elements                                                   | 607 |
| Part VII: Nutrition for Special Physiological Needs                       |     |
| 43 Nutrition in Infancy                                                   | 619 |
| 44 Nutrition in Pregnancy                                                 | 636 |
| 45 Nutrition and Longevity                                                | 646 |
| 46 Parenteral Nutrition                                                   | 664 |
| 47 Malnutrition and Human Behavior                                        | 682 |
| 48 Nutrition and Immunity                                                 | 693 |
| Part VIII: Nutrition in Prevention and Treatment of Disease               |     |
| 49 Dietary Standards                                                      | 711 |
| 50 Diet and cardiovascular Disease                                        | 724 |
| 51 Nutrition and Gout                                                     | 740 |
| 52 Prevention and Therapy of Diabetes Mellitus                            | 757 |
| 53 Nutritional Therapy in Kidney Failure                                  | 772 |
| 54 Nutrient and Drug Interactions                                         | 797 |
| 55 Toxicants Occurring Naturally in Foods                                 | 819 |
| 56 Nutrition and Neoplasia                                                | 840 |
| 57 The Role of Dietary Carbohydrates in Plaque Formation and Oral Disease | 852 |
| Part IX: History of Nutrition                                             |     |
| 58 'Historical Landmarka' in Nutrition                                    | 871 |
| Index                                                                     | 883 |