

Contents

Preface v

Part I. Food Nutrients and Their Functions

1. Introduction	1
2. Water	13
3. Carbohydrates	25
4. Lipids	43
5. Proteins	63
6. Vitamins	75
7. Minerals	121
8. Energy	159

Part II. Foods from Producers to Consumers

9. Health and Dietetic Foods	175
10. Foods of Plant Origin	195
11. Foods of Animal Origin	243
12. Potential Proteins, Fats, and Oils	271
13. Food Processing and Preservation	291
14. Food Additives and Nutrification	309
15. Food Labeling and Quality Assurance	321

16. Food Safety	331
17. Food Transportation, Storage, and Marketing	349
Part III. Food Composition and Utilization	
18. Adequacy of Diet	363
19. Digestion, Absorption, Metabolism, and Excretion	401
20. Hormonal Regulation of Food Intake	425
21. Nutrient Evaluation and Analysis Methodology	437
22. Dietary Allowances and Goals	451
Part IV. Nutritional Management of Diseases	
23. Diet Therapy and Clinical Nutrition	473
24. Diet, Cholesterol, and Heart Disease	503
25. Diet, Nutrition, and Cancer	537
26. Diet, Obesity, and Diabetes	565
27. Diet and Health of Bones, Teeth, Skin, and Hair	595
28. Diet and Diseases of the Liver and Kidneys	627
29. Diet and Gastrointestinal Diseases	655
30. Diet and Inherited Metabolic Disorders	679
31. Dietary Management of Underweight Babies	689
32. Diet and Alcoholic Disorders	699
33. Diet and Some Minor Disorders	711
34. Diet and Nervous System Disorders	729
35. Diet and Mental Health	747
36. Human Dietetics and Health: An Integrated Approach	755
<i>Index</i>	779