

CONTENTS

| | |
|---|-----|
| 1. Recommended Dietary Allowances of Nutrients: Basis Policy and Politics | 1 |
| 2. Vitamin A and Carotenoids in Human Nutrition | 17 |
| 3. Calcium Nutrition | 69 |
| 4. Zinc Nutrition | 97 |
| 5. Dietary Mineral Supplementation and Bioavailability | 127 |
| 6. Sugar Myths | 161 |
| 7. Nutritional Implications of Processing Fats and Oils: Products of Oxidation and Industrial Hydrogenation | 183 |
| 8. Vegetarianism: The Healthy Alternative? | 211 |
| 9. Nutrition for Specific Disease Conditions | 249 |
| 10. Viewpoint I: Large Animals as Models for Studies on Human Nutrition | 271 |
| 11. Viewpoint II: Small Animals as Models for Studies on Human Nutrition | 279 |
| Index | 299 |