

## CONTENTS

SECTION 1 BASIC NUTRITION	
Chapter 1 Introduction to Nutrition	1
Chapter 2 The Body's Use of Food	11
Chapter 3 Carbohydrates and Fats	23
Chapter 4 Proteins	36
Chapter 5 Minerals	46
Chapter 6 Vitamins	60
SECTION 2 MEAL PLANNING	
Chapter 7 Dietary Guidelines	78
Chapter 8 Planning Appetizing Meals	94
Chapter 9 Food Customs	102
Chapter 10 Evaluating and Preserving Food Quality	111
Chapter 11 Purchasing Food	131
SECTION 3 MEAL PREPARATION	
Chapter 12 Using Kitchen Equipment Efficiently	145
Chapter 13 Preventing Foo-Related Illness	153
Chapter 14 Reading Recipes	161
Chapter 15 Measuring and Weighing Ingredients	170
Chapter 16 Preparing the Apatient's Meal	179
SECTION 4 NUTRITION DURING LIFE STAGES	
Chapter 17 Diet During Pregnancy and Lactation	187
Chapter 18 Diet During Infancy	198
Chapter 19 Diet During Childhood and Adolescence	206
Chapter 20 Diet During Young Adulthood and Middle Age	218
Chapter 21 Diet During Senior Years	225
SECTION 5 THERAPETIC DIETS	
Chapter 22 Introduction to Diet Therapy	237
Chapter 23 Standard Hospital Diets	241
Chapter 24 Diet in the Treatment of Diabetes Mellitus	254
Chapter 25 Diets for Weight Control	265
Chapter 26 Diets for Diseases of the Cardiovascular System	279
Chapter 27 Diets for Renal Disease	296
Chapter 28 Diets for Diseases of the Gastrointestinal System	307
Chapter 29 Diets for Surgical Patients, and Patients with Burns Fevers and Infections	326
Chapter 30 Diet Therapy for Cancer Patients	338
Chapter 31 Diets for Patients with Food Allergies Blood and Metabolic Disorders	346
Appendix	359

Glossary	405
Bibliography	419
Index	425