613 NUT

CONTENTS

PART I. Your Food Choices	
Diets of Americans	2
Making Healthy Food Choices	12
Using the New Nutrition Label To Make Choices	28
Bringing Nutrition to Life in New York's Schools	34
PART II. USDA Nutrition Research	
Recent Advances in Maternal and Infant Nutrition	42
Recent Advances in Nutrition:	
From Adolescence to Adulthood	46
Nutrition and Cardiovascular Fitness	52
Maintaining a Strong Skeleton	56
Nutrition and a Robust Immune System	60
Energy Metabolism	64
Bioavailability: How the Nutrients in Food	
Become Available to Our Bodies	72
Nutrition, Brain Function, and Behavior	78
Nutritional Needs of the Elderly	86
Developing Research Talent for the Future	92
PART III. Domestic Food Assistance Programs	
Feeding America's Future:	
USDA's Child Nutrition Programs	98
Food and Nutrition Service Programs	
Serving Special Populations	104
A Sturdy Safety Net-Food Stamps	110
Helping Low-Income Americans	
With USDA Commodities	120
Gleaning	128
PART IV. International Nutrition: Focus on Developing Countries	
Nutritional Status of People in	
Developing Countries	142
Dysfunctional Food Economies:	
The Case of the Republics of the Former USSR	154
The Role of Trade and Food Aid in Meeting Global Food Needs	158
Prospects for Improving the Global Food Support System	172

International Conference on Nutrition	182
Appendix I	
Safe Food Handling for Optimum Nutrition	184
Appendix II	
Where To Get More Nutrition Information	194
Index	202