

CONTENTS

| | |
|---|-----|
| Introduction | 1 |
| Goitrogens in Foods | 3 |
| Estrogens in Foods | 18 |
| Tumorigenic and Carcinogenic Natural Products | 24 |
| Lathyrogens in Foods | 40 |
| Favism | 47 |
| Hemagglutinins in Foods | 51 |
| Cyanogenetic Glycosides | 58 |
| Some Naturally Occurring Stimulants and Depressants | 62 |
| Foods as Antigens and Allergens | 72 |
| Pressor Amines in Foods | 94 |
| Antivitamins in Foods | 98 |
| Naturally Occurring Antienzymes (Inhibitors) | 105 |
| Natural Cholinesterase Inhibitors in Foods | 112 |
| Natural Radioactivity in the Biosphere and Foodstuffs | 117 |
| Fungal Toxins | 147 |
| Toxicants Occurring Naturally in Spices and Flavors | 164 |
| Toxic Properties of Some Unusual Foods | 174 |
| Toxicity of the Vitamins | 183 |
| Excesses of Indispensable Amino Acids | 221 |
| Toxicity of the Essential Minerals | 229 |
| Toxic Substances Present in Food Fats | 236 |
| Gossypol | 242 |
| Nitrates and Nitrites | 250 |
| Oxalates | 257 |
| Toxic Effects of Dietary Sodium Chloride and the Protective Effect of Potassium | 267 |
| Discussion | 280 |
| Contributors | 287 |
| Index | 289 |