

CONTENTS

PART I INDEX OF FOOD QUALITY	
1. Need for and Index of Nutritional Quality	1
2. Standards for Evaluating Food Quality	15
3. Nutritional Attributes of Foods and Food Combinations	24
4. Nutritional Quality Index	36
5. Current Nutritional Problems of Consumers	52
6. Nutritional Quality of Snack Foods	75
7. Nutritional Labeling What's That?	95
8. Nutritional Quality for a Balanced Diet	103
9. Foods Instead of Drugs	118
10. Dietitians: Contributing Members of the Health Care Team	130
11. International Nutrition Examined With the Aid of Index of Nutritional Quality	141
 PART II INDEX OF NUTRITIONAL QUALITY FOOD PROFILES	
12. Index of Nutritional Quality Food Profiles	169
FOOD ITEM INDEX	
 PART III SUPPLEMENTARY FOODS LISTS	
13. Supplementary Foods Lists	544
FOOD ITEM INDEX	
INDEX	
	633