

CONTENTS

Preface	vii
1 Nutrition: An Introduction	1
2 Nutrition and the Social Sciences	13
3 Nutrition and the Natural Sciences	27
4 Foods and Nutrients: Comparisons and Contrasts	41
5 The Nutrients: Some Basics	53
6 Nutrition and Health: The Individual	67
7 Nutrition and Health: Environmental Influences	85
8 Meeting Dietary Recommendations	105
9 Hunger and Malnutrition: Causes and Consequences	133
10 Nutritional Status in the World Today	151
11 Pathways of Change: Metabolism and Related Life Processes	177
12 Energy and Weight Control	207
13 Proteins: Problems and Proposals	233
14 Carbohydrates and Fats	255
15 The Vitamins	281
16 The Minerals: From soil to Cells to Soil	311
17 Nutrition in Growth and Development: In the Beginning	337
18 Nutrition for Infants and Young Children	359
19 Nutrition After Early Childhood	385
20 Personal Choices in Nutrition	417
21 Remaining Problems: Some Proposed Solutions	437
Index	461