

CONTENTS

| | |
|---|-----|
| 1. <i>Nutrition and you</i> | 1 |
| 2. <i>Terms one needs to know for the study of nutrition</i> | 10 |
| 3. <i>The functions of food</i> | 20 |
| 4. <i>The energy nutrients</i> | 24 |
| 5. <i>The proteins</i> | 41 |
| 6. <i>Digestion, absorption, and metabolism</i> | 62 |
| 7. <i>The need for energy</i> | 81 |
| 8. <i>The energy value of foods</i> | 104 |
| 9. <i>Introduction to minerals: calcium and phosphorus</i> | 111 |
| 10. <i>Iron and iodine</i> | 128 |
| 11. <i>The other mineral elements</i> | 151 |
| 12. <i>Water and cellulose</i> | 174 |
| 13. <i>Introduction to the vitamins: fat-soluble vitamins</i> | 180 |
| 14. <i>Ascorbic acid</i> | 210 |
| 15. <i>The B-complex vitamins</i> | |
| <i>I. Thiamine, riboflavin, and niacin</i> | 225 |
| 16. <i>The B-complex vitamins</i> | |
| <i>II. Vitamin B₆, pantothenic acid, biotin, Folic acid, vitamin B₁₂, choline, and inositol</i> | 255 |
| 17. <i>Antibiotics as nutritional factors</i> | 274 |
| 18. <i>Selection of and adequate diet</i> | 278 |
| 19. <i>How well do we eat?</i> | 301 |
| 20. <i>Good and poor nutrition</i> | 313 |
| 21. <i>Food fads and fallacies</i> | 340 |
| 22. <i>Diet and dental health</i> | 347 |
| 23. <i>Nutrition needs of children</i> | 354 |
| 24. <i>Nutrition needs special groups</i> | 403 |
| <i>Glossary</i> | 425 |
| <i>Appendix</i> | 433 |
| <i>Index</i> | 461 |