Contents

1 Nutrition and disease, 1

Nutrient requirements in disease, 2 Modification of the normal diet, 3 Test diets, 6 Research diets, 7 Hospital malnutrition, 10 Evaluation of nutritional status, 12 Clinical tests, 12 Anthropometric tests, 12 Biochemical analyses, 12 Dietary analysis, 13

2 Laboratory diagnosis, 17

Urinalysis, 17 Physical properties, 17 Normal constituents, 18 Abnormal constituents, 18 Blood, 20 Hematology, 21 Blood constituents, 22 Serum enzymes, 26

3 Obesity, 30

Obesity vs overweight, 30 Methods of assessment, 31 Complications, 31 Etiology, 33 Genetic factors, 33 Adipocytes, 33 Traumatic factors, 33 Environmental factors, 34 Dietary factors, 34 Treatment, 36 Drugs, 36 Fasting, 38 Surgery, 40 Diets, 41 Group therapy, 45 Behavior modification, 45

4 Gastrointestinal disorders, 49

Digestion, 49 Absorption, 52 Disorders of the esophagus, 53 Achalasia, 53 Esophagitis, 53 Hiatus hernia, 53 Disorders of the stomach, 53 Gastritis, 53 Gastric carcinoma, 54 Peptic ulcer, 54 Intestinal disorders, 59 Regional enteritis (Crohn's disease, terminal ileitis), 59 Irritable colon syndrome (spastic · syndrome), 59 Diverticular disease, 60 Ulcerative colitis, 60 Colon cancer, 61 Fiber, 61

ix

5 Liver and gallbladder disease, 66

Liver, 66
Function, 66
Circulation, 66
Metabolism, 66
Production of bile, 71
Detoxification, 72
Tests for diagnosis of liver disease, 72
Liver disease, 73
Hepatitis, 73
Fatty liver, 74
Cirrhosis, 75
Alcoholism, 77
Gallbladder, 79

6 Renal disease, 81

Kidney, 81
Function, 81
Anatomy, 82
Diagnosis of renal disease, 82
Blood analysis, 82
Urinalysis, 82
Renal function tests, 83
Kidney disease, 83
Nephrotic syndrome, 83
Nephrosclerosis, 83
Acute glomerulonephritis, 84
Chronic glomerulonephritis, 84
Acute renal failure, 84
Chronic renal failure, 85
Renal calculi, 95

7 Diabetes mellitus, 98

Classification, 98 Metabolism, 99 Symptoms, 100 Etiology, 100 Diagnosis, 101 Treatment, 103 Complications, 105 Dietary treatment, 106 Dietary calculations, 109

8 Cardiovascular disease, 116

Terminology, 116 Atherosclerosis, 116 Risk factors, 117 Diet, 117 Hypertension, 123 Smoking, 130 Minerals, 130 Fiber, 131 Stress, 132 Recommendations, 132 Multiple risk factor intervention trial, 134 Fat-controlled diets, 135 Food modification, 135 Congestive heart failure, 136 Acute myocardial infarction, 137 Sodium-restricted diets, 138

9 Uncategorized clinical conditions, 144

Preoperative nutrition, 144 Postoperative nutrition, 145 Nutritional therapy for burn patients, 145 Tube feedings, 147 Parenteral nutrition, 151 Chemically defined or elemental diets, 156 Medium-chain triacylglycerols, 158

10 Inborn errors of metabolism, 160

Defective proteins, 160 Results of enzymatic defects, 161 DNA, 162 Protein biosynthesis, 162 Inheritance, 163

Diagnosis, 164 Detection of carriers, 165 Treatment, 165 Disorders of carbohydrate metabolism, 166 Disaccharidase deficiency, 166 Fructosuria, 167 Fructose intolerance (fructosemia), 167 Galactokinase deficiency, 167 Galactosemia, 167 Disorders of glycogen metabolism, 168 Glucose-galactose malabsorption, 170 Pentosuria, 171 Disorders of lipid metabolism, 171 Ceramide lactoside lipidosis, 171 Fabry's disease, 171 Fucosidosis, 171 Gaucher's disease, 172 Generalized (G_{M1}) gangliosidosis, 172Globoid leukodystrophy (Krabbe's disease), 172 Metachromatic leukodystrophy, 172 Niemann-Pick disease, 173 Tay-Sachs disease, 173 Familial hyperlipoproteinemia, 173 Disorders of amino acid metabolism, 173 Disorders of the urea cycle, 173 Homocystinuria, 175

1

Cystathioninuria, 176 Cystinosis, 176 Pyridoxine dependency syndrome, 177 Vitamin B_6 deficiency syndrome, 177 Branched-chain ketoaciduria (maple syrup urine disease), 177 Hypervalinemia, 178 Propionyl-CoA carboxylase deficiency, 178 Methylmalonic aciduria, 178 Phenylketonuria, 179

Appendixes

- A Recommended daily dietary allowances, 182
- **B** Food exchange lists, 184
- C Common prefixes, suffixes, and combining forms, 188
- D Common abbreviations on patients' charts, 190
- E 'Normal constituents of blood, 194
- F Normal constituents of urine, 198
- G pH values of various body fluids, 199
- H Dietary management of selected disorders, 200