
Contents

PART ONE AN INTRODUCTION TO HUMAN NUTRITION

1	Nutrition and health	3✓
2	Carbohydrates: the problem of energy	11✓
3	Fats: the problem of energy	19
4	Energy requirements	27
5	Proteins: the problem of building tissue	35
6	Vitamins: the problem of regulation and control	49
7	Minerals: the problem of regulation and control	77
8	Digestion-absorption-metabolism process	102

PART TWO COMMUNITY NUTRITION: THE LIFE CYCLE

9	The food environment	117
10	Food habits	136
11	Diet counseling: food needs and costs	154
12	Nutrition in pregnancy and lactation	174
13	Nutrition for growth and development: infancy, childhood, and adolescence	188
14	Nutrition for adults: aging and the aged	206

PART THREE AN INTRODUCTION TO DIET THERAPY

15	The hospitalized patient	219
16	Gastrointestinal problems	231
17	The problem of obesity and weight control	262

18	Diabetes mellitus	270
19	Cardiovascular diseases	290
20	Renal diseases	306
21	Nutritional care of a surgery patient	323
22	Nutrition and cancer	334
APPENDICES		
A	Food values	350
B	Cholesterol content of foods	372
C	Calorie values of some common snack foods	373
D	Composition of beverages—alcoholic and carbonated nonalcoholic per 100 grams	375
E	Food and Nutrition Board, National Academy of Sciences—National Research Council recommended daily dietary allowances, revised 1980	376
F	Height and weight tables for adults	379
G	Average height and weight tables for children	380
H	Resource agencies for nutrition education materials	382