CONTENTS

MAAN - Tom INDO RIESS

Membership of the committee	X X
Membership of the working parties	xi
List of expert advisers	xii
Foreword	xiii
Chairman's preface	XV
Introduction	1
Part I. The scope and organization of nutrition research	3
1. General considerations	_
The multidisciplinary nature of research in nutrition	5
Control of food safety	6
Long-term studies	6
Epidemiology	7
Animal experiments	8
Clinical studies	8
Genetics and nutrition	9
Basic scientific research and nutrition	9
Research in nutrition and agricultural policy	,
2. The organization of nutrition research in the UK	11
The present state	11
Universities	11
Research councils	12
Medical Research Council	12
Agricultural Research Council	13
Government departments	13
Department of Health and Social Security	13
Ministry of Agriculture, Fisheries and Food	13
Conclusion	14
The future organization	14
Training for research in nutrition	10
3. Priorities for research in human nutrition	18

iii

Part II. Basic problems in nutrition research Introduction	21 23
 Carbohydrate and fat The chemical composition of food carbohydrates and lipids Carbohydrates Lipids 	24 24 24
The digestion of energy-yielding constituents of food Enzymic digestion Absorption	25 25 25 25
The non-absorbed carbohydrate of food	26
General aspects of energy metabolism	26
The work of the body	27
Heat and production of ATP	27
Energy conservation in energy transduction	28
Basal metabolism and physical activity	28
The enthalpy of combustion of absorbed nutrients	29
The increment of heat associated with the ingestion of food	29
Fat and protein synthesis	30
Measurement in energy metabolism studies	31
General observations	31
Techniques for the measurement of the overall energy exchanges of animals and man	21
Measurement of the composition of the body	31
Direct approaches	32
Indirect methods	32 33
Measurement of the energy exchanges of organs of the body	33
Homoeostasis in energy metabolism	33 34
The long-term and short-term stability of adult body weight	34 34
Appetite regulation	34
Animal studies	34
Regulation in man	35
Energy retention in growth	36
Meal-eating patterns	36
Specific aspects of carbohydrate and fat metabolism	37
Requirements of tissues for specific substrates	37
Technique in the study of carbohydrate and lipid metabolism	37
Lipid metabolism	38
Fatty acid synthesis	38
Lipid transport	38
Triglyceride synthesis	39
Lipolysis	39
Fatty acid oxidation	39
Carbohydrate metabolism	40
Mechanism of release and mode of action of insulin	40
Specific metabolic effects of individual carbohydrates	40
Essential fatty acids and prostaglandins	40
Metabolism of alcohol	41
2. Protein metabolism and nutrition	42
Introduction	42

Relationships of energy and protein metabolism	43
Energy metabolism and protein turnover	43
Specific dynamic action	44
Protein digestion and amino acid transport	44
Digestion of protein	44
Amino acid transport in intestine and kidney	45
Uptake of amino acids by tissues	46
Plasma and tissue free amino acids	47
Amino acid flux	48
Amino acid requirements and metabolism	49
The requirement for total nitrogen and non-essential amino acids	49
Essential amino acid requirements and balance	50
Intermediary metabolism of amino acids	51
Amino acids and gluconeogenesis	51
Urea formation and amino acid oxidation	52
Turnover of creatine and creatinine	53
Biochemical indices of protein deficiency	53
Protein synthesis and breakdown	55
The dynamic state of proteins and its regulation	55
The regulation of protein synthesis in the cell	56
The mechanism of protein breakdown	57
Methods of measuring turnover rates in vivo	59
Effect of nutritional state on turnover of tissue proteins	60
Growth	61
Enzyme induction	62
Turnover of plasma proteins and other secreted proteins	63
Turnover of collagen and elastin	64
Nutrition and cell turnover	65
Conclusion	65
3. Vitamins and inorganic nutrients	66
General problems	66
	68
VITAMINS	68
Vitamins of the B complex	68
Metabolic role of the B vitamins	68
Intermediary metabolism	69
Interrelationships between vitamins and hormones	69
Antibody production	70
Clinical signs of deprivation	70
Availability and measurement of vitamins in food	71
Milk as a source of vitamins of the B complex	71
Vitamin C	71
Summary of existing knowledge	72
Research problems Vitamin A	73
• • • • • • • • • • • • • • • • • • • •	73
Metabolism and physiology Function	73
Function Human vitamin A deficiency	74
Suggestions for future research	74
Vitamin D	75
TIMBELLE LA	

Existing knowledge Problems requiring further research Mode of action of vitamin D Physiology of vitamin D Vitamin D in man Vitamin E and selenium Summary of existing knowledge Research problems Fundamental problems Clinical and nutritional problems Vitamin K Survey of existing knowledge Research problems	75 76 76 76 77 77 77 78 78 78 79 79
Introduction Research related to medical problems Ad hoc therapeutic trials Tissue composition studies The analysis of trace elements in foodstuffs Calcium and phosphorus Biochemical and physiological problems Clinical problems Magnesium Sodium, potassium and chlorine Iron Manganese Copper Zinc Chromium, vanadium, tin, silicon Chromium Vanadium Tin and silicon Iodine Fluorine	81 81 81 82 82 83 84 84 86 87 88 89 90 91 91 92 92 92 93
 4. Gut microflora Microbiological aspects of digestion The influence of the gastrointestinal microflora on the nutrition of the host 	95 95 96
Part III. Practical problems in human nutrition	99
1. Food consumption and social aspects of nutrition Introduction The measurement of food consumption Collection of information on food consumption Methods of measurement Tables of food composition Inadequacies of existing methods Problems of sampling Extent and consistency of cooperation	101 101 101 101 101 102 102 102 102

Validity of methods of measurement	102
Trends in food consumption	103
Factors influencing trends in food consumption	103
Present trends in food consumption in Great Britain	103
Source of nutrients and the dietary pattern	104
Energy	104
Protein	104
Other nutrients	104
Ways of influencing food consumption patterns	104
The diets of special groups	105
2. Nutrient requirements	106
Introduction	106
Basic concepts and definitions of requirements	106
Minimum requirements	106
Recommended intakes	107
Factors affecting the level of recommended intakes	107
Applications of estimates of requirements	107 107
The individual variability of requirements	107
Energy requirements	108
Criteria of adequacy	
Protein requirements	110 110
Total protein	110
Areas of ignorance	111
Individual variability	111
Minimum versus optimum	112
Amino acid requirements	112
Essential amino acids	113
Non-essential amino acids	113
Vitamin requirements	114
Factors affecting requirements of vitamins	115
Assessment of vitamin status	115
Requirements for vitamins of the B complex	116
Vitamin C requirements	116
Requirements for fat-soluble vitamins	116
Vitamin D requirement	116
Vitamin E requirement Toxic effects of vitamins	116
Requirements for the mineral elements	117
Calcium requirements	118
Iron requirements	118
•	119
3. Nutritional problems in public health Introduction	119
Criteria of normality	119
Low birth weight of infants	120
Growth and development of children	121
Ageing	122
Nutrition and resistance to infection	122
Obesity as a public health problem	123
Iron deficiency anaemia	125
as one workers with the same of the same o	

vii

4. Faulty nutrition as a cause of disease	127
Nutritional factors in vascular disease	127
The importance of plasma cholesterol concentration	128
The metabolism of cholesterol	128
The effect of saturated and polyunsaturated fatty acids	130
Triglyceride concentration and arterial disease	130
Effects of dietary components other than lipid	131
Thrombus formation and dissolution	133
Metabolism of the heart	134
General comments	135
Epidemiology	135
Genetics The relational in California	136
The relationship of diet to cancer	136
The possible effects of dietary fat	136
The possible effects of dietary fibre Breast cancer	137
The nitrosamines	137
	137
Mutagens and teratogens	138
Nutritional factors in the aetiology of diabetes mellitus Indirect studies	138
Direct studies	138
Conclusion	139
Protein-energy malnutrition	140
The importance of fibre in human nutrition	140
Nutritional aspects of osteoporosis	141
	142
5. Problems of nutrition in the treatment and management of disease	144
The protein requirements of premature infants	144
Nutritional effects of trauma and infection	145
Parenteral nutrition	146
Inborn errors of metabolism	147
Nutritional aspects of renal disease	147
Nutritional aspects of liver disease	148
Malnutrition as a cause of liver disease	148
The effects of liver disease on nutritional state	149
Nutritional problems in the treatment of liver disease	149
Diet in the treatment of diabetes mellitus	150
Disturbances of purine and pyrimidine metabolism	151
Nutrition and metabolism of drugs and toxins Malabsorption	152
	153
Vitamin therapy in conditions not associated with dietary inadequacy	155
6. Aspects of food quality	156
Non-nutritive constituents of food	156
The legal situation	157
Methodology Biological tests	157
Carcinogens	157
Teratogens	158
Methods of analysis	159
Food additives	159

Flavouring agents	162
Colouring agents	164
Interactions of additives with foods	164
Nitrites	165
Sulphur dioxide	166
Heavy metal contaminants	167
Synthetic organic contaminants	167
Toxic plant products	169
Microorganism contaminants	171
Bacteria	172
Viruses	174
Fungi	174
Problems affecting susceptible individuals	175
Conclusion	176
Protein quality in relation to human needs	176
Protein quality of natural and processed foodstuffs	177
The significance of protein quality in human diets	177
The significance of protein quality in animal nutrition	178
Novel protein foods	178
Possible harmful substances in new protein foods	179
The quality of novel proteins	180
Testing of novel protein foods for man	180
Index	183