

# Contents in Brief

I	<i>Overview of Nutrition</i>	3
2	<i>Carbohydrate</i>	25
3	<i>Lipid</i>	51
4	<i>Protein</i>	73
5	<i>Digestion, Absorption, and Metabolism</i>	105
6	<i>Energy Balance</i>	131
7	<i>Weight Control</i>	157
8	<i>Minerals, Water, and Electrolytes</i>	183
9	<i>Macronutrients</i>	215
10	<i>Micronutrients</i>	245
11	<i>Fat-Soluble Vitamins</i>	295
12	<i>Water-Soluble Vitamins: C, Folacin, B<sub>12</sub>, and B<sub>6</sub></i>	337
13	<i>Other Water-Soluble Vitamins</i>	373
14	<i>Selection of an Adequate Diet</i>	407
15	<i>Alternative Food Patterns</i>	443
16	<i>Evaluation of Nutritional Status</i>	465
17	<i>Nutrition in Pregnancy and Lactation</i>	489
18	<i>Infant Nutrition</i>	525
19	<i>Nutrition from Childhood through Adulthood</i>	557
20	<i>Nutrition in the Later Years</i>	587
21	<i>Nutrition and Physical Fitness</i>	615
22	<i>Nutrition: A National and International Concern</i>	631

## Part 1

### *Basic Principles of Nutrition*

## Part 2

### *Applied Nutrition*

# Contents

## Part 1

### *Basic Principles of Nutrition*

#### **1 Overview of Nutrition 3**

##### Historical Background 4

- Naturalistic Era (400 BC to AD 1750) 5
- Chemical-Analytical Era (1750 to 1900) 5
- Biological Era (1900 to 1955) 6
- Cellular or Molecular Era (1955 to the Present) 6

##### Present Status 7

##### Importance of Good Nutrition 9

##### How the Body Uses Food 11

##### Nutrient Needs 14

##### Dietary Standards 14

##### Food Composition Tables 15

##### U.S. Dietary Surveys 16

##### Current Issues in Nutrition 17

##### Iatrogenic Malnutrition 17

##### Nutrition and Athletic Performance 17

##### Nutrition and Behavior 17

##### Nutrition in Space 18

##### Safety of Our Food Supply 18

##### Health, Organic, and Natural Foods 18

##### Supplementation with Nutrients 19

##### Nutrition and Degenerative Diseases 19

##### Nutrition and Public Policy 19

##### Nutrition in Relation to Other Sciences 19

##### Summary 20

##### **Focus** Careers in Nutrition 22

#### **2 Carbohydrate 25**

##### Chemical Composition 27

##### Synthesis 28

##### Classification 28

##### Monosaccharides 28

##### Disaccharides 32

##### Polysaccharides 34

##### Related Carbohydrates 37

##### Digestion 37

##### Metabolism 37

##### Functions 37

##### Source of Energy 37

##### Dietary Essential 38

##### Source of Sweetness 39

##### Summary 47

##### **Focus** Fiber—How Much? 49

#### **3 Lipid 51**

##### Chemical Composition 54

##### Essential Fatty Acids 57

##### Related Lipids 59

##### Physical Properties 60

##### Digestion 61

##### Absorption 61

##### Cholesterol Metabolism 62

##### Role of Fat in the Diet 63

##### Source of Energy 63

##### Satiety Value 64

##### Carrier of Fat-Soluble Vitamins 64

##### Palatability 64

##### Role of Fat in the Body 64

##### Energy Reserve 64

##### Body Regulator 65

##### Precursor of Prostaglandins 65

##### Insulation 65

##### Protection of Vital Body Organs 65

##### Food Sources 66

##### Dietary Requirements 67

##### Summary 68

##### **Focus** Lipid—Coronary Heart Disease and Cancer 70

#### 4 Protein 73

- Chemical Composition 75
- Synthesis 76
- Food as a Source of Amino Acids 79
- Classification of Amino Acids 80
- Protein Quality 80
- Functions 83
  - Growth and Maintenance of Tissue 83
  - Formation of Essential Body Compounds 84
  - Regulation of Water Balance 84
  - Maintenance of Body Neutrality 85
  - Antibody Formation 85
  - Transport of Nutrients 86
- Digestion 86
- Absorption and Metabolism 86
- Factors Affecting Protein Utilization 87
  - Amino Acid Balance 87
  - Caloric Intake 88
  - Immobility 88
  - Injury 88
  - Emotional Stability 88
- Estimating Protein/Amino Acid Needs 88
  - Nitrogen Balance 88
- Protein Needs 90
- Food Sources 92
- Adequacy of the U.S. Diet 94
- Evaluation of Protein Quality 95
  - Biological Value 95
  - Net Protein Utilization 95
  - Protein Efficiency Ratio 95
  - Chemical Methods 95
- Energy-Protein Malnutrition (EPM) 96
- Summary 99
- Focus** Vegetarianism 102

#### 5 Digestion, Absorption, and Metabolism 105

- Digestion 109
    - Ingestion 109
    - The Mouth 110
    - Swallowing 110
    - The Stomach 111
    - The Small Intestine 111
    - The Large Intestine 113
  - Absorption 114
    - Mechanisms of Absorption 115
  - Metabolism 116
    - Metabolism of Glucose 116
    - Metabolism of Fatty Acids and Glycerol 117
    - Metabolism of Amino Acids 120
    - Krebs Cycle (Citric Acid Cycle) 122
    - Electron Transport System 122
  - Overnutrition 123
  - Undernutrition 124
  - The Role of Minerals and Vitamins 125
  - Summary 126
  - Focus** Digestion—Myths and Mysteries 128
- #### 6 Energy Balance 131
- Measuring Energy 132
    - Direct Calorimetry 134
    - Coefficient of Digestibility 134
    - Physiological Fuel Value 135
  - Energy Value of Foods 136
    - Variation in Energy Value 136
    - Exchange Lists 139
  - The Body's Need for Energy 139
    - Basal Metabolism 139
    - Activity 145
    - Thermic Effect of Food 148
  - Estimation of Total Energy Needs 149
    - Methods 149
    - Energy Needs of Special Groups 150
  - Summary 152
  - Focus** Weight for Height—What Does It Mean? 154

- 7 Weight Control** 157
- Obesity 158
    - Incidence 159
    - Diagnosis 160
    - Disadvantages 163
    - Causes 165
    - Theories of Obesity 168
    - Hunger and Satiety 169
    - Weight Control 170
    - Diet Aids 172
    - Prevention 174
    - Activity 175
  - Underweight 176
    - Treatment 176
  - Summary 176
  - Focus** Diets—Past, Present, and Future 179
- 8 Minerals, Water, and Electrolytes** 183
- Mineral Elements 184
    - Essential Mineral Elements 184
    - Toxicity 186
    - Interactions 187
    - Dietary Needs 187
    - General Functions 187
  - Water 191
    - Distribution 191
    - Functions 192
    - Water and Work Performance 194
    - Water Balance 195
    - Metabolism 195
    - Loss of Body Water 195
    - Requirements 198
    - Regulation of Fluid Balance 198
    - Disturbances in Water Metabolism 199
  - Electrolytes—Sodium, Potassium, and Chlorine 199
    - Sodium (Na) 199
    - Potassium (K) 204
    - Chlorine (Cl) 206
    - Fluorine (F) 206
  - Summary 209
  - Focus** Fluoridation of Public Water Supplies—A Continuing Policy Issue 212
- 9 Macronutrients** 215
- Calcium 216
    - Distribution 216
    - Functions 216
    - Absorption 219
    - The Controversy Surrounding Calcium Requirements 221
    - Calcium Balance Studies 222
    - Dietary Allowances 222
    - Adequacy of Calcium in the North American Diet 225
    - Food Sources 226
    - High Calcium Intake 230
    - Assessment of Calcium Status 231
    - Abnormalities of Calcium Metabolism 231
  - Phosphorus 233
    - Functions 233
    - Absorption and Metabolism 234
    - Food Sources 234
    - Requirements 235
    - Deficiency 235
  - Magnesium 235
    - Distribution and Metabolism 235
    - Functions 236
    - Deficiency 237
    - Assessment of Reserves 237
    - Requirements 237
    - Food Sources 238
  - Sulfur 238
  - Summary 239
  - Focus** Sodium, Potassium, and Calcium—The Hypertension Connection 242
- 10 Micronutrients** 245
- Iron 246
    - Distribution 246
    - Functions 247
    - Need for Dietary Iron 249
    - Iron in Food 250
    - Absorption 250
    - Transportation and Metabolism 251
    - Recommended Dietary Allowances 252
    - Adequacy of Diet as It Relates to Iron 254
    - Food Sources 255
    - Iron Fortification or Enrichment 258
    - Evaluation of Iron Status 258
    - Deficiencies 260
    - Anemia 260
    - Excess 262
  - Iodine 262
    - Distribution 262
    - Absorption and Metabolism 263
    - Functions 263
    - Requirements 264
    - Food Sources 264
    - Evaluation of Iodine Status 265
    - Thyroxin 266
    - Goiter 266
    - Other Abnormalities 268

- Distribution 270
- Absorption and Metabolism 270
- Biological Role 270
- The Effects of Zinc 271
- Requirement 272
- Food Sources 272
- Diagnosis of a Deficiency 274
- Toxicity 275
- Selenium 275
  - Functions 275
  - Role in Human Nutrition 276
  - Food Sources 276
  - Total Dietary Selenium 276
  - Requirements 277
  - Body Stores 277
- Other Micronutrients 277
  - Roles in the Body 278
  - Incidence of Deficiencies 278
  - Interrelationships 278
  - Toxicity 279
  - Deficiencies 279
  - Requirements 280
  - Food Sources 280
  - Manganese 280
  - Copper 281
  - Molybdenum 284
  - Chromium 285
  - Nickel 286
  - Vanadium 286
  - Silicon 286
  - Tin 287
  - Cobalt 287
- Summary 288
- Focus** Hair Analysis 292
- 11 **Fat-Soluble Vitamins** 295
  - Overview of Vitamins 296
  - Related Substances 299
  - Functions 299
  - Deficiencies 300
  - Vitamins in Food 301
  - Supplements 301
  - Regulation 302
  - Natural or Synthetic Vitamins 302
- Fat-Soluble Vitamins** 304
  - Vitamin A 304
  - Vitamin D 316
  - Vitamin E 323
  - Vitamin K 327
- Summary 330
- Focus** Vitamin E—What Can We Expect It To Do? 334
- 12 **Water-Soluble Vitamins: C, Folicin, B<sub>12</sub>, and B<sub>6</sub>** 337
  - Vitamin C 338
    - Chemical Properties 339
    - Synthesis 340
    - Functions 340
    - Absorption and Metabolism 342
    - Requirements 343
    - Food Sources 344
    - Evaluation of Nutritional Status 349
    - Deficiency 349
    - Vitamin C and Smoking 350
    - Common Cold and Flu 350
  - Folicin 351
    - Discovery 351
    - Chemical Composition 352
    - Functions 352
    - Absorption and Metabolism 352
    - Requirements 352
    - Food Sources 353
    - Deficiency 354
    - Clinical Uses 355
    - Evaluation of Nutritional Status 355
    - Toxicity 356
  - Cobalamin (Vitamin B<sub>12</sub>) 356
    - Discovery 356
    - Chemical Composition 356
    - Functions 357
    - Absorption and Metabolism 358
    - Requirements 358
    - Food Sources 359
    - Deficiency 360
    - Clinical Uses of Vitamin B<sub>12</sub> 361
  - Pyridoxine (Vitamin B<sub>6</sub>) 361
    - Functions 361
    - Metabolism 362
    - Requirements 363
    - Food Sources 363
    - Evaluation of Vitamin B<sub>6</sub> Status 364
    - Clinical Uses of Vitamin B<sub>6</sub> 365
    - Deficiency 365
    - Toxicity 366
  - Summary 367
  - Focus** Vitamin Supplementation—More Hazard Than Help? 370

**13 Other Water-Soluble Vitamins 373**

- Thiamin 374
  - Chemical Properties 375
  - Functions 375
  - Requirements 376
  - Food Sources 377
  - Dietary Adequacy 379
  - Evaluation of Nutritional Status 380
  - Deficiency Symptoms 380
  - Clinical Uses 381
- Riboflavin 382
  - Chemical Properties 382
  - Functions 382
  - Absorption 383
  - Requirements 383
  - Food Sources 383
  - Evaluation of Nutritional Status 384
  - Deficiency 384
  - Toxicity 385
- Niacin (Nicotinic Acid) 385
  - History 385
  - Tryptophan/Niacin Relationship 387
  - Chemical Properties 387
  - Functions 387
  - Absorption and Metabolism 388
  - Requirements 388
  - Food Sources 389
  - Dietary Adequacy 389
  - Evaluation of Nutritional Status 390

- Deficiency 390
- Megavitamin Therapy 390
- Pantothenic Acid 391
  - Discovery 391
  - Chemical Properties 391
  - Functions 392
  - Requirements 393
  - Food Sources 393
  - Deficiency 393
  - Clinical Uses 394
- Biotin 394
  - Discovery 394
  - Chemical Properties 394
  - Functions 394
  - Requirements 395
  - Food Sources 395
  - Deficiency 395
- Other Vitamin-Like Substances 396
- Myoinositol 396
- Choline 397
- Coenzyme Q (Ubiquinone) 397
- Lipoic Acid 398
  - Function 398
- Carnitine 398
- Taurine 399
- Summary 399
- Focus** Nutrients and Nonnutrients—A Nutrition Puzzle 402

*Part 2**Applied Nutrition***14 Selection of an Adequate Diet 407**

- Selection of an Adequate Diet 408
  - Basic Four Food Groups 409
- Nutritive Contribution of Food Groups 416
  - Milk and Milk Products 418
  - Fruits and Vegetables 419
  - Protein-Rich Foods 421
  - Cereal and Cereal Products 423
- Foundation of an Adequate Diet 424
- Dietary Standards 428
  - Nutrient Density 430
  - Other Dietary Standards 430
  - U.S. Recommended Daily Allowances 431
- Tables of Food Composition 435
- Summary 436
- Focus** Computers—Tools for Nutritionists 440

**15 Alternative Food Patterns 443**

- Vegetarianism 445
  - Macrobiotic Diets 445
  - Other Single-Food Diets 446
- Natural (Health-Food) Diets 446
- Food-Nutrient Supplements 448
  - Types of Products 449
- Food Misinformation 452
- Nature of Food Fads 452
  - Exaggeration of the Virtues of a Particular Food 452
  - Omission of Foods 453
  - Avoidance of Chemicals in Food 454
- Mode of Operation of the Quack 455
- Characteristics of a Quack 456
- Methods of Merchandising 457
- Combating Misinformation and Food Faddism 458
- Nutrition Education 459
- Summary 459
- Focus** Good Foods/Bad Foods; Nutritious Diets/Junk Diets 462

- 16 Evaluation of Nutritional Status 465**  
Clinical Observation 466  
Eyes 468  
Membranes 468  
Skin 468  
Mouth and Teeth 468  
Other Tissues 468  
Biochemical Analyses 469  
Blood Levels 470  
Urine Analysis 471  
Other Biochemical Tests 471  
Anthropometric Data 472  
Body Fatness 476  
Evaluation of the Diet 477  
Indirect Methods 478  
Direct Methods 479  
Evaluation of Dietary Records 481  
Dietary Score 481  
Calculations from Tables of Food  
Composition 483  
Chemical Analysis 483  
Standards for Evaluating Dietary Intake 483  
Summary 484  
**Focus Nutritional Surveillance—New Horizons 486**
- 17 Nutrition in Pregnancy and Lactation 489**  
Birth Size 491  
Physiological Adjustments 493  
Physiological Stages of Pregnancy 494  
Implantation 494  
Organogenesis 494  
Growth 495  
Rate of Growth 496  
Nutritive Needs 497  
Energy 498  
Maternal Weight Gain 499  
Protein 501  
Calcium 502  
Iron 502  
Sodium 503  
Iodine 503  
Other Mineral Elements 503  
Fat-Soluble Vitamins 504  
Water-Soluble Vitamins 505  
Role of Nutritional Supplements 507  
Dietary Modifications in Pregnancy 508  
Effect of Nutrition on Pregnancy 509  
Lactation 511  
Early Feeding Decisions 511  
Nutritional Needs 512  
Contaminants 516  
Dietary Supplements 516  
Stimulation 516  
Food Avoidance 517  
Success and Duration 517  
Summary 518  
**Focus Pregnancy—The Alcohol/Caffeine Dilemma 522**
- 18 Infant Nutrition 525**  
Breast Feeding 526  
Considerations Favoring Breast Feeding 527  
Contraindications to Breast Feeding 533  
Bottle Feeding 535  
Adequacy of Milk Diet 538  
Nutritive Needs of Infants 539  
Introduction of Solid Foods 544  
Early Feeding and Later Development 549  
Adequacy of the Diets of Infants 551  
Summary 551  
**Focus Infant Formula—Choices and Controversies 554**
- 19 Nutrition from Childhood through Adulthood 557**  
Childhood 558  
Transitional Foods 560  
Adequacy of Diets of Infants and Children 563  
Food Preferences 564  
Evaluation of Nutritional Status 565  
Nutrition-Related Problems in Childhood 566  
Dental Health 567  
Hyperactivity or Hyperkinesis 568  
Adolescence 568  
Specific Nutritional Needs 569  
Adequacy of Diets 571  
Concerns About Adolescents' Diets 573  
Factors Influencing Food Habits 573  
Breakfast 574  
Use of Fast Foods 574  
Role of Snacks in Dietary Intake 575  
Variety in the Diet 576  
Obesity 577  
Adolescents and Drinking 578  
School Lunch 578  
Anorexia Nervosa and Bulimia 580  
Improving Nutritional Habits 580  
Summary 581  
**Focus Eating Disorders—A New Adolescent Problem 584**

- 20 **Nutrition in the Later Years** 587
- Nutrition Research and the Aging 589
    - Human Studies 592
  - Factors Affecting the Intake of Food 592
    - Physical Factors 593
    - Physiological Factors 595
    - Social Factors 596
    - Psychological Factors 597
  - Factors Affecting Nutrient Use 598
    - Decline in Physiological Function 598
    - Changes in Digestive Secretions 598
    - Changes in Gastric Motility 598
    - Changes in Kidney Function 599
    - Alterations in the Blood Vessels 599
    - Malabsorption 599
    - Hormonal Secretions 599
  - Major Nutrition-Related Problems 600
    - Obesity 600
    - Osteoporosis 600
    - Neurological Dysfunction 601
    - Anemia 602
    - Drug-Related Malnutrition 602
    - Food-Induced Malnutrition 602
    - Vitamin E and Aging 602
  - Nutrient Needs 603
    - Energy 604
    - Protein 604
    - Other Nutrients 605
  - Adequacy of Diets 605
  - Assessing Nutritional Status 607
  - Dietary Supplements 607
  - Intervention Programs 608
    - Nutrition Education 609
  - Summary 609
  - Focus** Coronary Heart Disease—An Ever-Present Threat for the Aging 612
- 21 **Nutrition and Physical Fitness** 615
- Water 616
    - Dehydration and Water Needs 617
  - Energy Needs 618
  - Energy Requirements 620
  - Effect of Training on Energy Source 621
  - Carbohydrate Loading 621
  - Muscle Building 622
  - Nutrient Supplements 622
  - Pregame Meal 623
  - Special Ergogenic Foods 623
  - Foods to be Avoided 623
  - Consequences of Excessive Physical Exercise 624
  - Nutrition Knowledge of Athletes and Coaches 624
  - Summary 625
  - Focus** Are Supplements Necessary for Athletes? 628
- 22 **Nutrition: A National and International Concern** 631
- A National Concern 633
    - Improvement of Nutritive Intake 635
    - Dietary Guidance 638
  - An International Concern 642
    - Ecology of Nutritional Disease 644
    - Increasing the World Food Supply 646
    - Activities of International Organizations 650
  - Summary 651
  - Focus** Water—A Precious and Diminishing Resource 654
- Appendices**
- A Basic Principles of Chemistry and Biology A-2
  - B Meanings of Prefixes and Suffixes Used in Nutrition Terms A-6
  - C United States Recommended Daily Allowances A-7
  - D Nutritive Value of Fast Food Items A-8
  - E Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Folicin, Pantothenic Acid, and Zinc Content of Some Representative Foods A-18
  - F Food Sources of Nutrients in Relation to the U.S. RDA A-19
  - G Diabetic Exchange Lists A-21
  - H Selected Sources of Reliable Nutrition Information A-22
  - I Details of Absorption and Metabolism of Selected Minerals and Vitamins A-24
  - J Process of Bone Calcification and Collagen Synthesis A-30
  - K Recommended Nutrient Intakes for Canadians A-32
  - L Nutritive Value of Edible Parts of Common Portions of Foods and Beverages A-34
  - M Instructions for Keeping Food Records A-82
- Glossary** G-1