- 1 Why Eat?
- 2 Diet and health: the diseases of affluence
- 3 The chemical basis of life
- 4 Chemical reactions: enzymes and metabolic pathways
- 5 The role of ATP in metabolism
- 6 Digestion and absorption
- 7 Energy nurtrition: the metabolism of carbohydrates and fats
- 8 Overweight and obesity
- 9 Protein-energy malnutrition: problems of undernutrition
- 10 Protein nutrition and metabolism
- 11 The integration and control of metabolism
- 12 Micronutrients: the vitamins and minerals
- Appendix 1 Units of physical quantities; multiples and submultiples of units
- Appendix 2 The nutrient yields of some common foods