

Table of Contents

- 1 An Overview of Nutrition
 - Highlight: Nutrition Information and Misinformation On the Net and in the News
- 2 Planning a Healthy Diet
 - Highlight: Vegetarian Diets
- 3 Digestion, Absorption, and Transport
 - Highlight: Common Digestive Problems
- 4 The Carbohydrates: Sugars, Starches, and Fibers
 - Highlight: Carbs, Calories, and Controversies
- 5 The Lipids: Triglycerides, Phospholipids, and Sterols
 - Highlight: High-Fat Foods Friend or Foe?
- 6 Protein: Amino Acids
 - Highlight: Nutritional Genomics
- 7 Metabolism: Transformations and Interactions
 - Highlight: Alcohol and Nutrition
- 8 Energy Balance and Body Composition
 - Highlight: Eating Disorders
- 9 Weight Management: Overweight, Obesity, and Underweight
 - Highlight: The Latest and Greatest Weight-Loss Diet Again
- 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C
 - Highlight: Vitamin and Mineral Supplements
- 11 The Fat-Soluble Vitamins: A, D, E, and K
 - Highlight: Antioxidant Nutrients in Disease Prevention
- 12 Water and the Major Minerals
 - Highlight: Osteoporosis and Calcium
- 13 The Trace Minerals
 - Highlight: Phytochemicals and Functional Foods
- 14 Fitness: Physical Activity, Nutrients, and Body Adaptations
 - Highlight: Supplements as Ergogenic Aids
- 15 Life Cycle Nutrition: Pregnancy and Lactation
 - Highlight: Fetal Alcohol Syndrome
- 16 Life Cycle Nutrition: Infancy, Childhood, and Adolescence
 - Highlight: Childhood Obesity and the Early Development of Chronic Diseases
- 17 Life Cycle Nutrition: Adulthood and the Later Years
 - Highlight: Nutrient-Drug Interactions
- 18 Diet and Health
 - Highlight: Complementary and Alternative Medicine
- 19 Consumer Concerns about Foods and Water
 - Highlight: Food Biotechnology
- 20 Hunger and the Global Environment
 - Highlight: Environmentally-Friendly Food Choices
- Appendix A Cells, Hormones, and Nerves
- Appendix B Basic Chemistry Concepts
- Appendix C Biochemical Structures and Pathways
- Appendix D Measures of Protein Quality

- Appendix E Nutrition Assessment
- Appendix F Physical Activity and Energy Requirements
- Appendix G United States: Exchange Lists
- Appendix H Table of Food Composition
- Appendix I WHO: Nutrition Recommendations Canada: Choice System and Guidelines
- Appendix J Healthy People 2010
- Glossary
- Index