

CONTENTS



Part I. Specific Dietary Components

A. Major Dietary Constituents	3
Chapter 1. Proteins and Amino Acids	3
Dwight E. Matthews	
Chapter 2. Carbohydrates	36
Nancy L. Keim, Roy J. Levin, and Peter J. Havel	
Chapter 3. Dietary Fiber	58
Holly J. Willis and Joanne L. Slavin	
Chapter 4. Lipids, Sterols, and Their Metabolites	65
Peter J. H. Jones and Todd Rideout	
Chapter 5. Energy Needs: Assessment and Requirements	88
Nancy F. Butte and Benjamin Caballero	
Chapter 6. Water, Electrolytes, and Acid–Base Metabolism.....	102
James L. Bailey, Jeff M. Sands, and Harold A. Franch	
B. Minerals	133
Chapter 7. Calcium	133
Connie M. Weaver and Robert P. Heaney	
Chapter 8. Phosphorus	150
Kimberly O. O'Brien, Jane E. Kerstetter, and Karl L. Insogna	
Chapter 9. Magnesium	159
Robert K. Rude	
Chapter 10. Iron.....	176
Marianne Wessling-Resnick	
Chapter 11. Zinc.....	189
Janet C. King and Robert J. Cousins	
Chapter 12. Copper	206
James F. Collins	
Chapter 13. Iodine	217
Peter Laurberg	
Chapter 14. Selenium	225
Roger A. Sunde	
Chapter 15. Manganese	238
Alan L. Buchman	
Chapter 16. Trace Elements.....	245
Curtis D. Eckhert	
C. Vitamins	260
Chapter 17. Vitamin A	260
A. Catharine Ross	
Chapter 18. Vitamin D	278
Glenville Jones	
Chapter 19. Vitamin E	293
Maret G. Traber	
Chapter 20. Vitamin K.....	305
John W. Suttie	

Chapter 21. Thiamin	317
Chantal Bémeur and Roger F. Butterworth	
Chapter 22. Riboflavin	325
Hamid M. Said and A. Catharine Ross	
Chapter 23. Niacin	331
James B. Kirkland	
Chapter 24. Vitamin B ₆	341
Vanessa R. da Silva, Amy D. Mackey, Steven R. Davis, and Jesse F. Gregory III	
Chapter 25. Pantothenic Acid.....	351
Paula R. Trumbo	
Chapter 26. Folic Acid	358
Patrick J. Stover	
Chapter 27. Cobalamin (Vitamin B ₁₂)	369
Ralph Carmel	
Chapter 28. Biotin	390
Donald M. Mock	
Chapter 29. Vitamin C.....	399
Mark Levine and Sebastian J. Padayatty	
Chapter 30. Choline.....	416
Steven H. Zeisel	

D. Other Compounds with Health Relevance ...	427
Chapter 31. Carotenoids	427
Xiang-Dong Wang	
Chapter 32. Carnitine	440
Charles J. Rebouche	
Chapter 33. Cysteine, Taurine, and Homocysteine	447
Martha H. Stipanuk	
Chapter 34. Glutamine.....	464
Thomas R. Ziegler	
Chapter 35. Arginine, Citrulline, and Nitric Oxide.....	477
Yvette C. Luiking, Leticia Castillo, and Nicolaas E.P. Deutz	
Chapter 36. Functional Foods and Nutraceuticals in Health Promotion	487
John Milner, Cheryl Toner, and Cindy D. Davis	
Chapter 37. Polyphenols and Flavonoids.....	494
Ronald L. Prior	
Chapter 38. Probiotics and Prebiotics as Modulators of the Gut Microbiota.....	506
Sandra Tejero, Ian R. Rowland, Robert Rastall, and Glenn R. Gibson	

Part II. Nutritional Roles in Integrated Biologic Systems

A. Nutrient–Gene Mechanisms	515
Chapter 39. Nutritional Regulation of Gene Expression and Nutritional Genomics	515
Robert J. Cousins and Louis A. Lichten	

Chapter 40.	Genetic Variation: Effect on Nutrient Utilization and Metabolism	523
	Patrick J. Stover and Zhenglong Gu	
Chapter 41.	Epigenetics.....	534
	Paul Haggarty	
B. Digestive, Endocrine, Immune, and Neural Mechanisms.....		540
Chapter 42.	Nutritional Physiology of the Alimentary Tract	540
	Shelby Sullivan, David Alpers, and Samuel Klein	
Chapter 43.	Nutrition and the Chemical Senses.....	574
	Valerie B. Duffy	
Chapter 44.	Control of Food Intake and Appetite	589
	Syed Sufyan Hussain, Akila De Silva, and Stephen Robert Bloom	
Chapter 45.	Nutrition and the Immune System	601
	Charles B. Stephensen and Susan J. Zunino	
Chapter 46.	Defenses against Oxidative Stress	611
	Dean P. Jones	
Chapter 47.	Mechanisms of Nutrient Sensing	626
	Douglas G. Burrin and Teresa A. Davis	

Part III. Nutritional Needs and Assessment during the Life Cycle and Physiologic Changes

Chapter 48.	Body Composition.....	635
	Scott Going, Melanie Hingle, and Joshua Farr	
Chapter 49.	Use and Interpretation of Anthropometry	649
	Youfa Wang, Hyunjung Lim, and Benjamin Caballero	
Chapter 50.	Metabolic Consequences of Starvation	660
	L. John Hoffer	
Chapter 51.	Metabolic Consequences of Calorie Restriction.....	678
	Edward P. Weiss and Luigi Fontana	
Chapter 52.	Nutrition in Pregnancy	684
	R. Elaine Turner	
Chapter 53.	Nutrition in Lactation	698
	Deborah L. O'Connor and Mary Frances Picciano	
Chapter 54.	Nutritional Requirements of Infants and Children	712
	William C. Heird	
Chapter 55.	Nutrition in Adolescence.....	734
	Marie-Pierre St-Onge and Kathleen L. Keller	
Chapter 56.	Nutrition in Older Adults	744
	Connie Watkins Bales and Mary Ann Johnson	
Chapter 57.	Clinical Manifestations of Nutrient Deficiencies and Toxicities	757
	Douglas C. Heimburger	

Part IV. Prevention and Management of Disease

A. Obesity and Diabetes.....		771
Chapter 58.	Obesity: Epidemiology, Etiology, and Prevention.....	771
	Sarit Polsky, Victoria A. Catenacci, Holly R. Wyatt, and James O. Hill	
Chapter 59.	Obesity Management	786
	Lawrence J. Cheskin and Kavita H. Poddar	
Chapter 60.	Bariatric Surgery	800
	Kevin Tyritz, Thomas Magnuson, and Michael Schweitzer	
Chapter 61.	Nutritional Management of Diabetes Mellitus	808
	Susan Oh, Rita Rastogi Kalyani, and Adrian Dobs	
Chapter 62.	Metabolic Syndrome: Definition, Relationship with Insulin Resistance, and Clinical Utility.....	828
	Dominic N. Reeds	
Chapter 63.	Nutrition and Inflammatory Processes	837
	Philip C. Calder	
B. Cardiovascular Diseases		849
Chapter 64.	Nutrient and Genetic Regulation of Lipoprotein Metabolism.....	849
	Edward A. Fisher, Raanan Shamir, and Robert A. Hegele	
Chapter 65.	Nutrition in the Prevention of Coronary Heart Disease and the Management of Lipoprotein Disorders.....	860
	Ernst J. Schaefer	
Chapter 66.	Diet and Blood Pressure	875
	Lawrence J. Appel	
C. Pediatric and Adolescent Disorders		887
Chapter 67.	Pediatric Feeding Problems.....	887
	Richard M. Katz, James K. Hyche, and Ellen K. Wingert	
Chapter 68.	Protein-Energy Malnutrition.....	894
	Manuel Ramirez-Zea and Benjamin Caballero	
Chapter 69.	Inherited Metabolic Disease: Amino Acids, Organic Acids, and Galactose	906
	Louis J. Elsas II and Phyllis B. Acosta	
Chapter 70.	Inherited Lipid Disorders of β-Oxidation	970
	Jerry Vockley, Lynne A. Wolfe, and Deborah L. Renaud	
Chapter 71.	Nutritional Management of Infants and Children with Specific Diseases and Other Conditions	988
	Arthur Cooper, Richard L. Mones, and William C. Heird	
Chapter 72.	Food Insecurity in Children: Impact on Physical, Psychoemotional, and Social Development.....	1006
	Rafael Pérez-Escamilla	

D. Disorders of the Alimentary Tract	1016
Chapter 73. Nutrition and Dental Medicine.....	1016
Riva Touger-Decker, Diane Rigassio Radler, and Dominick P. DePaola	
Chapter 74. Esophagus and Stomach.....	1041
Mark H. DeLegge	
Chapter 75. Assessment of Malabsorption	1048
John K. DiBaise	
Chapter 76. Diet and Intestinal Disaccharidases	1058
Steve Hertzler, Yeonsoo Kim, Rubina Khan, Michelle Asp, and Dennis Savaiano	
Chapter 77. Short Bowel Syndrome	1069
Khursheed N. Jeejeebhoy	
Chapter 78. Nutrition in Inflammatory Bowel Disease: Implications for Its Role in the Management of Crohn Disease and Ulcerative Colitis.....	1080
Gerald W. Dryden and Douglas L. Seidner	
Chapter 79. Celiac Disease	1089
Carol E. Semrad	
Chapter 80. Irritable Bowel Syndrome and Diverticular Disease	1096
Lauren Schwartz and Carol E. Semrad	
Chapter 81. Nutrition in Pancreatic Diseases	1103
Amit Raina and Stephen J. D. O'Keefe	
Chapter 82. Nutrition in Liver Disorders and the Role of Alcohol.....	1115
Juliane I. Beier, Sarah Landes, Mohammad Mohammad, and Craig J. McClain	
Chapter 83. Enteral Feeding.....	1126
Laura E. Matarese and Michele M. Gottschlich	
Chapter 84. Parenteral Nutrition	1136
Rex O. Brown, Gayle Minard, and Thomas R. Ziegler	
Chapter 85. Nutrition Therapy in Hospital and Outpatient Medicine.....	1162
Kris M. Mogensen and Malcolm K. Robinson	
E. Nutritional Management during Cancer	1171
Chapter 86. Epidemiology of Diet and Cancer Risk....	1171
Walter C. Willett and Edward Giovannucci	
Chapter 87. Cancer Cachexia	1187
Vickie E. Baracos	
Chapter 88. Nutritional Support of the Patient with Cancer	1194
David A. August and Maureen Huhmann	
F. Skeletal and Joint Disorders.....	1214
Chapter 89. Bone Biology in Health and Disease	1214
Robert P. Heaney	
Chapter 90. Prevention and Management of Osteoporosis.....	1227
Katherine L. Tucker and Clifford J. Rosen	
Chapter 91. Nutrition and Diet in Rheumatic and Arthritic Diseases.....	1245
Sarah L. Morgan and Joseph E. Baggott	
G. Nutrition in Surgery and Trauma.....	1261
Chapter 92. Hypercatabolic States.....	1261
Stephen F. Lowry and Susette M. Coyle	
Chapter 93. Nutrition Support for the Patient with Surgery, Trauma, or Sepsis	1273
Kenneth A. Kudsk	
Chapter 94. Nutrition in Burn Injury	1289
Marc G. Jeschke, Celeste C. Finnerty, Rachael A. Harrison, and David N. Herndon	
H. Behavioral, Psychiatric, and Neurologic Disorders.....	1298
Chapter 95. Nutritional Disorders of the Nervous System	1298
Gustavo C. Román	
Chapter 96. Behavioral Disorders Affecting Food Intake: Eating Disorders and Other Psychiatric Conditions.....	1319
Janelle W. Coughlin, Margaret Seide, and Angela S. Guarda	
I. Other Systemic Disorders.....	1330
Chapter 97. Nutrition, Diet, and the Kidney.....	1330
Joel D. Kopple	
Chapter 98. Hematologic Aspects of Iron Deficiency and Less Common Nutritional Anemias	1372
Christopher R. Chitambar and Aśok C. Antony	
Chapter 99. Nutrition in Respiratory Diseases	1385
Neal M. Patel and Margaret M. Johnson	
Chapter 100. Nutrition and Infectious Diseases.....	1396
Alice M. Tang, Ellen Smit, and Richard D. Semba	
J. Food Additives, Hazards, and Nutrient–Drug Interactions	1407
Chapter 101. Food Additives, Contaminants, and Natural Toxicants: Maintaining a Safe Food Supply	1407
Steve L. Taylor and Joseph L. Baumert	
Chapter 102. Food Allergies and Intolerances.....	1421
Steve L. Taylor and Joseph L. Baumert	
Chapter 103. Drug–Nutrient Interactions.....	1440
Lingtak-Neander Chan	
Part V. Nutrition of Populations	
A. Nutrition in a Changing World.....	1455
Chapter 104. Foundations of a Healthy Diet	1455
Walter C. Willett and Meir J. Stampfer	
Chapter 105. Dietary Patterns.....	1470
Katherine L. Tucker	

Chapter 106.	Dietary Reference Intakes.....	1480
	Christine Lewis Taylor and Linda D. Meyers	
Chapter 107.	Food Labeling	1490
	F. Edward Scarbrough	
Chapter 108.	Food Assistance Programs.....	1502
	Craig Gundersen	
Chapter 109.	The Nutrition Transition: Global Trends in Diet, Lifestyle, and Noncommunicable Diseases.....	1511
	Benjamin Caballero	
Chapter 110.	Food-Based Dietary Guidelines for Healthier Populations: International Considerations	1518
	Ricardo Uauy, Sophie Hawkesworth, and Alan D. Dangour	
Chapter 111.	Approaches to Preventing Micronutrient Deficiencies.....	1533
	Lindsay H. Allen	
B. Nutrition and Human Performance 1540		
Chapter 112.	Physical Activity, Fitness, and Health	1540
	Gary R. Hunter	
Chapter 113.	Sports Nutrition	1549
	Melvin H. Williams	
Chapter 114.	The Evolving Science of Dietary Supplements	1564
	Christine A. Swanson, Paul R. Thomas, and Paul M. Coates	
Index		1572