

Contents

Introduction	
Introduction	2
Preventive Nutrition:	
A Science in Flux	4
Preventive Nutrition:	
The Mediterranean Diet	6
The RDA and DRI	8
Assessing Current Status	10
Body Composition	
Variable: Body Composition	12
Water in Body and Foods	14
Anthropometrics	16
Experimental Methods	18
Nutrient Compartmentalization:	
Cellular Distribution	20
Nutrient Compartmentalization:	
Distribution to the Organs–	
Homeostasis	22
Energy Metabolism	
The Biochemistry of Energy	
Transfer	24
How Food Energy is Used	26
Individual Energy Requirements	28
Energy Requirements	30
Tissue-Specific Energy Metabolism	32
Control of Energy Metabolism	34
Food Intake	
Regulation of Food Intake: Hunger	
and Satiety	36
Leptin	38
Stomach Function	40
Nutrient Uptake	
Anatomy and Histology	42
Cellular Mechanisms	44
The Colon: Active and Passive	
Functions	46
Enterohepatic Circulation	48
Regulation of Digestion	50
Principles of Digestion	52
The Nutrients	
Carbohydrates	
Structure and Properties	56
Digestion and Absorption	58
Metabolism: Distribution and	
Regulation	60
Metabolism: Glucose Storage	62
Glucose Homeostasis: Insulin and	
Glucagon	64
Metabolic Homeostasis:	
Blood Glucose Aspects	66
Glucose Tolerance	68
Fructose and Galactose	70
Sugar Alcohols: Metabolism	72
Sugar Alcohols: Occurrence	74
Glycoproteins	76
Fiber: Structure	78
Fiber: Effects	80
Occurrence and Requirements	82
Lipids	
Classification	84
Fatty Acids	86
Lipid Digestion	88
Absorption	90
Transport	92
LDL-Receptor-Mediated	
Metabolism	94
HDL Metabolism	96
Postprandial Lipid Distribution	98
Lipoprotein Lipase	100
Fatty Acids: Metabolism	102
Cholesterol: Biosynthesis	104

Cholesterol: Homeostasis	106	Vitamin K: Chemistry, Metabolism, and Functions	160
Regulatory Functions:		Vitamin K: Occurrence and Requirements	162
Membrane Structure	108	Water-Soluble Vitamins	
Regulatory Functions:		Ascorbic Acid: Chemistry, Metabolism, and Functions	164
Eicosanoids	110	Ascorbic Acid: Occurrence and Requirements	166
Regulatory Functions:		Thiamin: Chemistry, Metabolism, and Functions	168
Influence of Nutrition	112	Thiamin: Occurrence and Requirements	170
Occurrence and Requirements	114	Riboflavin: Chemistry, Metabolism, and Functions	172
Proteins		Riboflavin: Occurrence and Requirements	174
Proteins as a Source of Nitrogen ...	116	Niacin: Chemistry, Metabolism, and Functions	176
Classification:		Niacin: Occurrence of Requirements	178
From Chain to 3-D Structure	118	Pantothenic Acid: Chemistry, Metabolism, and Functions	180
Essential Building Blocks:		Pantothenic Acid: Occurrence and Requirements	182
The Amino Acids	120	Biotin: Chemistry, Metabolism, and Functions	184
Digestion and Absorption	122	Biotin: Occurrence and Requirements	186
Metabolism	124	Pyridoxine: Chemistry, Metabolism, and Functions	188
Amino Acid Homeostasis	126	Pyridoxine: Occurrence and Requirements	190
Regulatory Functions:		Cobalamin: Chemistry, Metabolism, and Functions	192
Endothelial Functions	128	Cobalamin: Occurrence and Requirements	194
The Blood-Brain Barrier	130	Folic Acid: Chemistry, Metabolism, and Function	196
Protein Quality	132	Folic Acid: Occurrence and Requirements	198
Occurrence and Requirements	134	Vitamin interactions	
Fat-Soluble Vitamins		B Vitamin Interactions	200
Vitamin A: Chemistry	136	Free Radicals: Formation and Effects	202
Vitamin A: Uptake and Metabolism	138		
Vitamin A: Functions	140		
Vitamin A: Regulation of Gene Expression	142		
Vitamin A: Occurrence and Requirements	144		
β -carotenes: Chemistry and Metabolism	146		
β -carotenes: Functions, Occurrence, and Requirements	148		
Vitamin D: Chemistry and Metabolism	150		
Vitamin D: Functions	152		
Vitamin D: Occurrence and Requirements	154		
Vitamin E: Chemistry and Metabolism	156		
Vitamin E: Functions, Occurrence, and Requirements	158		

Free Radicals: Endogenous Systems	204	Manganese	254
Free Radicals: Exogenous Systems	206	Molybdenum	256
Vitamin-Like Substances: Choline and Inositol	208	Chromium	258
Vitamin-Like Substances: Nonvitamins	210	Vanadium	260
		Tin and Nickel	262
Minerals and Trace Elements		Cobalt, Boron, and Lithium	264
Calcium: Metabolism and Functions	212	Silicon, Arsenic, and Lead	266
Calcium Homeostasis	214		
Calcium: Occurrence and Requirements	216	Other Nutrients, Additives, and Contaminants	
Phosphorus	218	Secondary Phytochemicals: An Overview	268
Magnesium	220	Secondary Phytochemicals: Effects and Activity	270
Sulfur	222		
Sodium Chloride	224	Nonnutritive Nutrients	
Potassium	226	Alcohol: Metabolism	272
Iron: Metabolism	228	Alcohol and Health	274
Iron: Functions	230	Alcohol and Nutrition	276
Iron: Occurrence and Requirements	232	Herbs and Spices	278
Iodine: Metabolism	234	Additives: An Overview	280
Iodine: Function and Deficiency	236	Sweeteners	282
Iodine: Occurrence and Requirements	238	Contaminants I: Nitrate/Nitrite	284
Fluorine	240	Contaminants II: Residues and Pollutants	286
Selenium: Metabolism and Functions	242	Pre- and Probiotics	288
Selenium: Occurrence and Requirements	244	Functional Foods and Nutraceuticals	290
Zinc: Metabolism and Functions	246		
Zinc: Occurrence and Requirements	248	Food Quality	
Copper: Metabolism and Functions I	250	Quality Defined	292
Copper: Functions II, Occurrence, and Requirements	252	New Methods for Quality Optimization I: Preservation	294
		New Methods for Quality Optimization II: Genetic Modification	296
		Nutrient Content, Processing, and Storage	298
		Hygiene	300

Applied and Medical Nutrition

Nutritional Guidelines		Vegetarianism	308
Nutrition for Healthy People I	304	Separation Nutrition	310
Nutrition for Healthy People II	306	Outsider Diets	312

Nutrition in Specific Life Stages

Pregnancy 314
 Lactation 316
 From Neonate to Adolescent 318
 Seniors 320
 Athletes 322
 Ergogenic Aids 324

Selected Issues in Food Safety

Drugs and Diet I 326
 Drugs and Diet II 328
 Prion Diseases 330
 Prion Diseases in the U.S. 332
 Creutzfeldt-Jakob Disease
 (CJD and vCJD) 334

Medical Nutrition

Eating Disorders 336

Underweight 338
 Obesity 340
 Diabetes Mellitus: Pathogenesis ... 342
 Pathologies Associated with
 Diabetes Mellitus 342
 Molecular Mechanisms 342
 Pathologies of Fat Metabolism:
 Hyperlipoproteinemia 344
 Therapy 344
 Metabolic Syndrome:
 Insulin Resistance Syndrome 346
 Osteoporosis 348
 Age-Related Macular
 Degeneration (AMD) 350
 Cancer 352
 Chronic Inflammatory Bowel
 Disease (CIBD) 354

Appendix

Table of Measures 358
 General References 359
 Selected Websites 359
 Figure Sources 360
 Index 361