



# Contents

Meet the Author Team iv  
Preface v

## Part 1 Nutrition Basics

### 1 THE SCIENCE OF NUTRITION 2

- 1.1 Nutrition Overview 4**
  - Nutrients 4
  - Phytochemicals and Zoochemicals 8

*Expert Perspective from the Field:*  
*Functional Foods 9*
- 1.2 Energy Sources and Uses 10**
- 1.3 The North American Diet 12**
  - What Influences Our Food Choices? 13

*Take Action: Why You Eat What You Do 14*
- 1.4 Nutritional Health Status 15**
  - Health Objectives for the U.S. for the Year 2020 15
  - Assessing Nutritional Status 16
  - Limitations of Nutritional Assessment 17
  - Importance of Being Concerned about Your Nutritional Status 18
- 1.5 Genetics and Nutrition 19**
  - Nutritional Diseases with a Genetic Link 20
  - Your Genetic Profile 20
  - Gene Therapy 21
  - Genetic Testing 22

*Take Action: Create Your Family Tree for Health-Related Concerns 23*
- 1.6 Using Scientific Research to Determine Nutrient Needs 24**
  - Making Observations and Generating Hypotheses 24
  - Laboratory Animal Experiments 26
  - Human Experiments 26
- 1.7 Evaluating Nutrition Claims, Products, and Advice 29**



- Buying Nutrition-Related Products 30
- Getting Nutrition-Related Advice:  
The Nutrition Care Process 31
- Summary 32
- Study Questions 33
- Websites 34
- References 34

### 2 TOOLS OF A HEALTHY DIET 36

- 2.1 Dietary Reference Intakes (DRIs) 38**
  - Estimated Average Requirements (EARs) 38
  - Recommended Dietary Allowances (RDAs) 39
  - Adequate Intakes (AIs) 40
  - Tolerable Upper Intake Levels (Upper Levels, or ULs) 40
  - Estimated Energy Requirements (EERs) 41
  - Acceptable Macronutrient Distribution Ranges (AMDRs) 41
  - Appropriate Uses of the DRIs 41
  - Putting the DRIs into Action to Determine the Nutrient Density of Foods 42
- 2.2 Daily Values (DVs) 43**
  - Reference Daily Intakes (RDIs) 43
  - Daily Reference Values (DRVs) 43
  - Putting the Daily Values into Action on Nutrition Facts Panels 45

*Take Action: Applying the Nutrition Facts Label to Your Daily Food Choices 50*

*Global Perspective: Front-of-Package Nutrition Labeling 51*
- 2.3 Nutrient Composition of Foods 51**
  - Putting Nutrient Databases into Action to Determine Energy Density and Dietary Intake 52

*Expert Perspective from the Field: Menu Labeling: How Many Calories Are in That? 53*
- 2.4 Dietary Guidelines for Americans 53**
  - Putting the Dietary Guidelines in Action 57

*Take Action: Are You Putting the Dietary Guidelines into Practice? 58*
- 2.5 MyPlate 58**
  - Putting MyPlate into Action 60
  - Rating Your Current Diet 65

*Take Action: Does Your Diet Meet MyPlate Recommendations?* 66

Summary 67  
 Study Questions 68  
 Websites 68  
 References 69

### 3 THE FOOD SUPPLY 70

**3.1 Food Availability and Access 72**  
 Health Consequences of Food Insecurity 72  
 Food Insecurity and Malnutrition in the U.S. 73  
 Programs to Increase Food Security in the U.S. 74  
 Food Insecurity and Malnutrition in the Developing World 76

**3.2 Food Production 77**  
 Organic Foods 77  
*Take Action: A Closer Look at Organic Foods* 78  
 Biotechnology—Genetically Modified Foods 79

**3.3 Food Preservation and Processing 82**  
 Food Irradiation 82  
 Food Additives 83  
*Take Action: A Closer Look at Food Additives* 86

**3.4 Food and Water Safety 87**  
 Foodborne Illness 87  
 Microbial Pathogens 88  
 Water Safety 98

*Medical Perspective: Foodborne Illness Can Be Deadly* 99

**3.5 Preventing Foodborne and Waterborne Illnesses 100**  
*Global Perspective: Traveler's Diarrhea* 103

**3.6 Environmental Contaminants in Foods 104**  
 Lead 104  
 Dioxins 105  
 Mercury 105  
 Polychlorinated Biphenyls (PCBs) 105  
 Pesticides 106  
 Antibiotics 107

*Expert Perspective from the Field: Organic Foods and Local Food Systems* 108

Summary 109  
 Study Questions 110  
 Websites 111  
 References 112



### 4 HUMAN DIGESTION AND ABSORPTION 114

**4.1 Organization of the Human Body 116**  
**4.2 Digestive System Overview 120**  
 Anatomy of the GI Tract 121  
 GI Motility: Mixing and Propulsion 122  
 Digestive System Secretions 122

**4.3 Moving through the GI Tract: Mouth and Esophagus 124**  
 Taste and Smell 125  
 Swallowing 125

**4.4 Moving through the GI Tract: Stomach 126**  
**4.5 Moving through the GI Tract: Small Intestine and Accessory Organs 128**

Liver, Gallbladder, and Pancreas 130  
 Gastrointestinal Hormones—A Key to Orchestrating Digestion 131  
 Absorption in the Small Intestine 131  
*Global Perspective: Diarrhea in Infants and Children* 133

**4.6 Moving Nutrients around the Body: Circulatory Systems 134**  
 Cardiovascular System 135  
 Lymphatic System 135

**4.7 Moving through the GI Tract: Large Intestine 135**  
 Bacterial Flora 136  
 Absorption of Water and Electrolytes 137  
 Defecation of Feces 137

**4.8 When Digestive Processes Go Awry 138**  
 Heartburn and Gastroesophageal Reflux Disease 138  
 Ulcers 138  
 Gallstones 140  
 Food Intolerances 140  
 Intestinal Gas 140  
 Constipation 141  
 Diarrhea 142

*Expert Perspective from the Field: Celiac Disease* 142  
*Take Action: Investigate Over-the-Counter Medications for Treating Common GI Tract Problems* 143  
 Irritable Bowel Syndrome 143  
 Inflammatory Bowel Disease 144  
 Hemorrhoids 144  
*Take Action: Are You Taking Care of Your Digestive Tract?* 145  
 Summary 146  
 Study Questions 147  
 Websites 148  
 References 148

## Part 2 Energy-Yielding Nutrients and Alcohol

### 5 CARBOHYDRATES 150

**5.1 Structures of Carbohydrates 152**  
 Monosaccharides: Glucose, Fructose, Galactose, Sugar Alcohols, and Pentoses 152  
 Disaccharides: Maltose, Sucrose, and Lactose 154  
 Oligosaccharides: Raffinose and Stachyose 155  
 Polysaccharides: Starch, Glycogen, and Fiber 155

**5.2 Carbohydrates in Foods 159**  
 Starch 159  
 Fiber 159  
 Nutritive Sweeteners 159  
 Non-Nutritive (Alternative) Sweeteners 161

**5.3 Recommended Intake of Carbohydrates 163**  
*Take Action: Choose the Sandwich with the Most Fiber* 163  
 Our Carbohydrate Intake 165  
*Take Action: Estimate Your Fiber Intake* 167

**5.4 Functions of Carbohydrates in the Body 168**  
 Digestible Carbohydrates 168  
 Indigestible Carbohydrates 169

**5.5 Carbohydrate Digestion and Absorption 170**  
 Digestion 170  
 Absorption 171

*Expert Perspective from the Field: Taxing Sugar-Sweetened Beverages* 173

**5.6 Health Concerns Related to Carbohydrate Intake 173**  
 Very-High-Fiber Diets 173  
 High-Sugar Diets 174  
 Lactose Intolerance 175  
 Glucose Intolerance 175

*Medical Perspective: Diabetes Mellitus* 176  
 Glycemic Index and Glycemic Load 180  
 Summary 182  
 Study Questions 183  
 Websites 184  
 References 185

### 6 LIPIDS 186

**6.1 Triglycerides 188**  
 Structure 188  
 Naming Fatty Acids 191  
 Essential Fatty Acids 192

**6.2 Food Sources of Triglycerides 193**  
 Hidden Fats 194  
 Fat Replacements 194  
*Take Action: Is Your Diet High in Saturated and Trans Fat?* 195

**6.3 Functions of Triglycerides 196**  
 Provide Energy 196  
 Provide Compact Energy Storage 196  
 Insulate and Protect the Body 196  
 Aid Fat-Soluble Vitamin Absorption and Transport 197  
 Essential Fatty Acid Functions 197

**6.4 Phospholipids 198**  
 Phospholipid Functions 198  
 Sources of Phospholipids 199

**6.5 Sterols 200**  
 Sterol Functions 200  
 Sources of Sterols 200

**6.6 Recommended Fat Intakes 201**  
 Mediterranean Diet 202  
 Essential Fatty Acid Needs 202  
 Our Fat Intake 202

**6.7 Fat Digestion and Absorption 204**  
 Digestion 204



- Absorption 205
- 6.8 Transporting Fat in the Blood 206**
  - Transporting Dietary Fats Utilizes Chylomicrons 206
  - Transporting Lipids Mostly Made by the Body Utilizes Very-Low-Density Lipoproteins 209
  - Pathways for Cholesterol Uptake 209
- Expert Perspective from the Field: Omega-6 Fatty Acids: Harmful or Healthful?* 210
- 6.9 Health Concerns Related to Fat Intake 211**
  - High Polyunsaturated Fat Intake 211
  - Excessive Omega-3 Fatty Acid Intake 211
- Medical Perspective: Cardiovascular Disease (CVD)* 212
  - Imbalances in Omega-3 and Omega-6 Fatty Acids 214
  - Intake of Rancid Fats 215
  - Diets High in *Trans* Fat 215
- Take Action: What Is Your 10-Year Risk of Cardiovascular Disease?* 216
  - Diets High in Total Fat 218
- Summary 218
- Study Questions 220
- Websites 221
- References 221



## 7 PROTEINS 222

- 7.1 Structure of Proteins 224**
  - Amino Acids 224
  - Synthesis of Nonessential Amino Acids 225
  - Amino Acid Composition: Complete and Incomplete Proteins 226
- 7.2 Synthesis of Proteins 227**
  - Transcription and Translation of Genetic Information 227
  - Protein Organization 230
  - Denaturation of Proteins 230
  - Adaptation of Protein Synthesis to Changing Conditions 231
- 7.3 Sources of Protein 231**
  - Evaluation of Food Protein Quality 233
- 7.4 Recommended Intakes of Protein 234**
  - Dietary Reference Intakes for Protein 235
- Take Action: Meeting Protein Needs When Dieting to Lose Weight* 236
- 7.5 Protein Digestion and Absorption 237**

- 7.6 Functions of Proteins 239**
  - Producing Vital Body Structures 239
  - Maintaining Fluid Balance 240
  - Contributing to Acid-Base Balance 241
  - Forming Hormones, Enzymes, and Neurotransmitters 241
  - Contributing to Immune Function 241
  - Transporting Nutrients 241
- Expert Perspective from the Field: Nutrition and Immunity* 242
  - Forming Glucose 243
  - Providing Energy 243
- 7.7 Health Concerns Related to Protein Intake 243**
  - Protein-Energy Malnutrition 243
  - High-Protein Diets 245
- Global Perspective: How Big Is Your Foodprint?* 246
- 7.8 Food Protein Allergies 246**
- 7.9 Vegetarian Diets 248**
  - Special Concerns for Infants and Children 249
- Take Action: Protein and the Vegan* 250
- Summary 251
- Study Questions 252
- Websites 253
- References 253

## 8 ALCOHOL 254

- 8.1 Sources of Alcohol 256**
  - Production of Alcoholic Beverages 257
- 8.2 Alcohol Absorption and Metabolism 258**
  - Alcohol Metabolism 258
- 8.3 Alcohol Consumption 261**
  - Take Action: Alcohol and Driving* 263
- 8.4 Health Effects of Alcohol 263**
  - Guidance for Using Alcohol Safely 263
  - Potential Benefits of Alcohol Intake 263
  - Risks of Excessive Alcohol Intake 264
  - Effects of Alcohol Abuse on Nutritional Status 266
  - Alcohol Consumption during Pregnancy and Breastfeeding 268
- Global Perspective: Alcohol Intake around the World* 269
- 8.5 Alcohol Use Disorders: Alcohol Abuse and Alcoholism 270**
  - Genetic Influences 270
  - Effect of Gender 270
  - Age of Onset of Drinking 271
  - Ethnicity and Alcohol Abuse 271

Mental Health and Alcohol Abuse 271  
*Medical Perspective: Diagnosis and Treatment of Alcoholism* 272  
*Take Action: Might You or Someone You Know Have a Problem with Alcoholism?* 274  
 Summary 275  
 Study Questions 275  
 Websites 276  
 References 277

## Part 3 Metabolism and Energy Balance

### 9 ENERGY METABOLISM 278

- 9.1 Metabolism: Chemical Reactions in the Body 280**  
 Energy for the Cell 280  
 Oxidation-Reduction Reactions: Key Processes in Energy Metabolism 281
- 9.2 ATP Production from Carbohydrates 283**  
 Glycolysis 284  
 Transition Reaction: Synthesis of Acetyl-CoA 284  
 Citric Acid Cycle 286  
 Electron Transport Chain 287  
 The Importance of Oxygen 288  
 Anaerobic Metabolism 289
- 9.3 ATP Production from Fats 290**  
 ATP Production from Fatty Acids 291  
 Carbohydrate Aids Fat Metabolism 292  
 Ketogenesis 292  
 Ketosis in Diabetes 292  
 Ketosis in Semistarvation or Fasting 292
- 9.4 Protein Metabolism 294**  
 Gluconeogenesis: Producing Glucose from Glucogenic Amino Acids and Other Compounds 295  
 Gluconeogenesis from Typical Fatty Acids Is Not Possible 295  
 Disposal of Excess Amino Groups from Amino Acid Metabolism 295  
*Global Perspective: Cancer Cell Metabolism* 296
- 9.5 Alcohol Metabolism 297**
- 9.6 Regulation of Energy Metabolism 298**  
 The Liver 300  
 ATP Concentrations 300



- Enzymes, Hormones, Vitamins, and Minerals 300
- 9.7 Fasting and Feasting 301**  
 Fasting 301  
 Feasting 302  
*Take Action: Weight Loss and Metabolism* 304  
*Medical Perspective: Inborn Errors of Metabolism* 305  
*Take Action: Newborn Screening in Your State* 307  
 Summary 307  
 Study Questions 309  
 Websites 310  
 References 310

### 10 ENERGY BALANCE, WEIGHT CONTROL, AND EATING DISORDERS 312

- 10.1 Energy Balance 314**  
 Energy Intake 316  
 Energy Expenditure 316  
*Expert Perspective from the Field: High-Fructose Corn Syrup and Your Waistline* 318
- 10.2 Measuring Energy Expenditure 319**
- 10.3 Eating Behavior Regulation 321**
- 10.4 Estimating Body Weight and Composition 323**  
 Body Mass Index 324  
 Measuring Body Fat Content 325  
 Assessing Body Fat Distribution 327
- 10.5 Factors Affecting Body Weight and Composition 328**  
 Role of Genetics 328  
 Role of Environment 329  
 Genetic and Environmental Synergy 330  
 Diseases and Disorders 330
- 10.6 Treatment of Overweight and Obesity 331**  
 Control of Energy Intake 332  
 Regular Physical Activity 334  
 Control of Problem Behaviors 335  
 Weight-Loss Maintenance 337  
*Expert Perspective from the Field: Tailoring a Healthy Eating Plan to Fit Your Lifestyle* 338
- 10.7 Fad Diets 338**  
*Medical Perspective: Professional Help for Weight Control* 342  
*Take Action: Changing for the Better* 344
- 10.8 Eating Disorders 346**  
 Anorexia Nervosa 347  
 Bulimia Nervosa 351

- Eating Disorders Not Otherwise Specified (EDNOS) 354
- Other Related Conditions 356
- Prevention of Eating Disorders 356
- Take Action: Assessing Risk of Developing an Eating Disorder* 357
- Summary 358
- Study Questions 359
- Websites 360
- References 360

## 11 NUTRITION, EXERCISE, AND SPORTS 362

- 11.1 Benefits of Fitness 364**
- 11.2 Characteristics of a Good Fitness Program 365**
  - Mode 365
  - Duration 365
  - Frequency 365
  - Intensity 366
  - Progression 367
  - Consistency 367
  - Variety 367
  - Achievement and Maintenance of Fitness 368
- 11.3 Energy Sources for Muscle Use 369**
  - ATP: Immediately Usable Energy 369
  - Take Action: How Physically Fit Are You?* 370
  - Phosphocreatine: Initial Resupply of Muscle ATP 372
  - Carbohydrate: Major Fuel for Short-Term, High-Intensity, and Medium-Term Exercise 372
  - Fat: Main Fuel for Prolonged, Low-Intensity Exercise 376
  - Protein: A Minor Fuel Source during Exercise 377
  - Fuel Use and  $VO_{2max}$  378



- 11.4 The Body's Response to Physical Activity 379**
  - Specialized Functions of Skeletal Muscle Fiber Types 379
  - Adaptation of Muscles and Body Physiology to Exercise 379
- 11.5 Power Food: Dietary Advice for Athletes 380**
  - Energy Needs 380
  - Carbohydrate Needs 381
  - Fat Needs 384
  - Protein Needs 384
  - Take Action: Meeting the Protein Needs of an Athlete—A Case Study* 385
  - Vitamin and Mineral Needs 386
- 11.6 Fluid Needs for Active Individuals 387**
  - Fluid Intake and Replacement Strategies 389
  - Water Intoxication 390
  - Sports Drinks 390
- 11.7 Food and Fluid Intake before, during, and after Exercise 391**
  - Pre-Exercise Meal 391
  - Fueling during Exercise 392
  - Recovery Meals 392
  - Global Perspective: Gene Doping and the Wide World of Sports* 393
- 11.8 Ergogenic Aids to Enhance Athletic Performance 394**
  - Summary 396
  - Study Questions 397
  - Websites 399
  - References 399

## Part 4 Vitamins and Minerals

### 12 MICRONUTRIENTS: VITAMINS AND MINERALS 400

- 12.1 Vitamins: Essential, Organic Dietary Components 402**
  - Absorption of Vitamins 405
  - Transport of Vitamins 406
  - Storage of Vitamins in the Body 406
  - Vitamin Toxicity 406
  - Vitamin Status 406
  - Food Sources of Vitamins 407
  - Take Action: Does Your Fat-Soluble Vitamin Intake Add Up?* 408
  - Global Perspective: Vitamin A Deficiency* 409

**12.2 Minerals: Essential, Inorganic Dietary Components 410**

- Absorption of Minerals 414
- Transport and Storage of Minerals 415
- Excretion of Minerals 415
- Mineral Toxicity 415
- Mineral Status 415
- Food Sources of Minerals 416

**12.3 Functional Roles of Micronutrients 417****12.4 Dietary Supplements: Healthful or Harmful? 418**

- Take Action: A Closer Look at Supplements* 421
- Medical Perspective: Nutrients, Diet, and Cancer* 422
- Summary 425
- Study Questions 425
- Websites 426
- References 427

**13 MICRONUTRIENTS IN ENERGY AND AMINO ACID METABOLISM 428****13.1 Cofactors: A Common Role of B-Vitamins and Some Minerals 430****13.2 Thiamin 431**

- Functions of Thiamin 432
- Thiamin in Foods 433
- Thiamin Needs and Upper Level 433
- Absorption, Transport, Storage, and Excretion of Thiamin 434
- Thiamin Deficiency 434

**13.3 Riboflavin 435**

- Functions of Riboflavin 435
- Riboflavin in Foods 435
- Riboflavin Needs and Upper Level 436
- Absorption, Transport, Storage, and Excretion of Riboflavin 436
- Riboflavin Deficiency 436

**13.4 Niacin 437**

- Functions of Niacin 438
- Niacin in Foods 439
- Niacin Needs and Upper Level 440
- Absorption, Transport, Storage, and Excretion of Niacin 440
- Niacin Deficiency 440
- Pharmacological Use of Niacin 441

**13.5 Pantothenic Acid 442**

- Functions of Pantothenic Acid 442
- Pantothenic Acid in Foods 443
- Pantothenic Acid Needs and Upper Level 443

- Absorption, Transport, Storage, and Excretion of Pantothenic Acid 443
- Pantothenic Acid Deficiency 443

**13.6 Biotin 444**

- Functions of Biotin 444
- Sources of Biotin: Food and Microbial Synthesis 444
- Biotin Needs and Upper Level 444
- Absorption, Transport, Storage, and Excretion of Biotin 445
- Biotin Deficiency 445

**13.7 Chromium (Cr) 446**

- Functions of Chromium 446
- Chromium in Foods 446
- Dietary Needs for Chromium 446
- Absorption, Transport, Storage and Excretion of Chromium 446
- Chromium Deficiency and Toxicity 446

**13.8 Vitamin B-6 447**

- Functions of Vitamin B-6 447
- Vitamin B-6 in Foods 448
- Vitamin B-6 Needs and Upper Level 448
- Absorption, Transport, Storage, and Excretion of Vitamin B-6 449
- Vitamin B-6 Deficiency 449
- Pharmacological Use of Vitamin B-6 449

**13.9 Folate 450**

- Functions of Folate 450
- Folate in Foods 451
- Dietary Folate Equivalents 452
- Folate Needs 452
- Upper Level for Folate 452
- Absorption, Transport, Storage, and Excretion of Folate 452
- Folate Deficiency 453

*Medical Perspective: Neural Tube Defects* 454

**13.10 Vitamin B-12 455**

- Functions of Vitamin B-12 455
- Vitamin B-12 in Foods 456
- Vitamin B-12 Needs and Upper Level 456
- Absorption, Transport, Storage, and Excretion of Vitamin B-12 457
- Vitamin B-12 Deficiency 458

*Take Action: B-Vitamin Supplements* 459

**13.11 Manganese (Mn) 460**

- Functions of Manganese 460
- Manganese in Foods 460
- Dietary Needs for Manganese 460
- Absorption, Transport, Storage, and Excretion of Manganese 461
- Manganese Deficiency and Toxicity 461



**13.12 Molybdenum (Mo) 461****13.13 Choline 461**

- Functions of Choline 462
- Choline in Foods 462
- Choline Needs and Upper Level 462
- Absorption, Transport, Storage, and Excretion of Choline 462
- Choline Deficiency 462

**13.14 Iodine (I<sub>2</sub>) 463**

- Functions of Iodine 463
- Iodine in Foods 464
- Dietary Needs for Iodine 464
- Absorption, Transport, Storage, and Excretion of Iodine 465
- Iodine Deficiency Disorders (IDD) 465
- Iodine Toxicity 466

*Global Perspective: Micronutrient Initiative* 467

**13.15 Other Compounds Linked with Energy and Amino Acid Metabolism 467**

- Sulfur (S) 467
- Vitamin-like Compounds 468

Summary 469

Study Questions 470

*Take Action: Spotting Fraudulent Claims for Vitamins and Vitamin-Like Substances* 471

Websites 472

References 472

## 14 FLUID BALANCE AND BLOOD HEALTH 474

**14.1 Fluid Balance 476**

- Maintenance of Intracellular and Extracellular Fluid Balance 477
- Regulation of Fluid Balance 479

**14.2 Water 480**

- Functions of Water 481
- Water in Foods 482

*Take Action: Is Your Local Water Supply Fluoridated?* 483

- Water Needs 484
- Water Deficiency (Dehydration) 484
- Water Toxicity 485

*Global Perspective: Water for Everyone* 486

**14.3 Sodium (Na) 487**

- Functions of Sodium 487
- Sodium in Foods 487
- Sodium Needs 488
- Absorption, Transport, Storage, and Excretion of Sodium 488
- Sodium Deficiency 488



Excess Sodium and Upper Level 489

**14.4 Potassium (K) 491**

- Functions of Potassium 491
- Potassium in Foods 491
- Potassium Needs 492
- Absorption, Transport, Storage, and Excretion of Potassium 492
- Potassium Deficiency 492
- Excess Potassium and Upper Level 492

**14.5 Chloride (Cl) 493**

- Functions of Chloride 493
- Chloride in Foods 493
- Chloride Needs 493
- Absorption, Transport, Storage, and Excretion of Chloride 493
- Chloride Deficiency 493
- Upper Level for Chloride 493

**14.6 Blood Components 494**

*Medical Perspective: Hypertension and Nutrition* 495

**14.7 Iron (Fe) 498**

- Functions of Iron 498
- Iron in Foods 500
- Iron Needs 500
- Absorption, Transport, Storage, and Excretion of Iron 501
- Factors Affecting Iron Absorption 502
- Iron Deficiency 503
- Iron Overload and Toxicity 504

**14.8 Zinc (Zn) 505**

- Functions of Zinc 505
- Zinc in Foods 506

*Take Action: Iron and Zinc Intake in a Sample Vegan Diet* 506

- Dietary Needs for Zinc 507
- Absorption, Transport, Storage, and Excretion of Zinc 507
- Zinc Deficiency 508
- Zinc Toxicity 508

**14.9 Copper (Cu) 509**

- Functions of Copper 509
- Copper in Foods 509
- Dietary Needs for Copper 510
- Absorption, Transport, Storage, and Excretion of Copper 510
- Copper Deficiency 510
- Copper Toxicity 511

**14.10 Vitamin K 511**

- Functions of Vitamin K 512
- Vitamin K Sources 512
- Vitamin K Needs 513
- Absorption, Transport, Storage, and Excretion of Vitamin K 513



Vitamin K Deficiency 513

Vitamin K Toxicity 514

Summary 514

Study Questions 516

Websites 517

References 517

## 15 BONE HEALTH AND BODY DEFENSE SYSTEMS 520

### 15.1 Bone Development and Maintenance 522

#### 15.2 Calcium (Ca) 523

Functions of Calcium 523

Calcium in Foods 524

Calcium Needs 526

Calcium Supplements 526

*Take Action: Estimate Your Calcium Intake* 527

Calcium Absorption, Transport, Regulation, Storage, and Excretion 528

*Take Action: Bone Health* 530

Potential Health Benefits of Calcium 530

Upper Level for Calcium 530

*Medical Perspective: Osteoporosis* 531

#### 15.3 Vitamin D 534

Functions of Vitamin D 534

Vitamin D Sources: Food and Skin 535

Vitamin D Needs 536

Absorption, Transport, Storage, and Excretion of Vitamin D 537

Vitamin D Deficiency Diseases 538

*Expert Perspective from the Field: Vitamin D:*

*“The Iceberg below the Surface”* 539

Vitamin D Toxicity 539

#### 15.4 Phosphorus (P) 540

Functions of Phosphorus 540

Phosphorus in Foods 540

Phosphorus Needs 540

Absorption, Transport, Storage, and Excretion of Phosphorus 541

Phosphorus Deficiency 541

Toxicity and Upper Level for Phosphorus 541

#### 15.5 Magnesium (Mg) 542

Functions of Magnesium 542

Magnesium in Foods 542

Magnesium Needs 542

Absorption, Transport, Storage, and Excretion of Magnesium 543

Magnesium Deficiency 543

Upper Level for Magnesium 544

#### 15.6 Fluoride (F) 544

Functions of Fluoride 544

Fluoride in Foods 544

Dietary Needs for Fluoride 544

Absorption, Transport, Storage, and Excretion of Fluoride 545

Fluoride Deficiency and Toxicity 545

#### 15.7 Body Defense Systems 546

Immune System 546

Antioxidant Defenses 546

#### 15.8 Vitamin E 547

Functions of Vitamin E 547

Vitamin E in Foods 548

Vitamin E Needs 548

Absorption, Transport, Storage, and Excretion of Vitamin E 549

Vitamin E Deficiency 549

Vitamin E Toxicity 549

#### 15.9 Vitamin C 550

Functions of Vitamin C 550

Vitamin C in Foods 552

Vitamin C Needs 552

Absorption, Transport, Storage, and Excretion of Vitamin C 553

Upper Level for Vitamin C 553

Vitamin C Deficiency 553

Vitamin C Intake above the RDA 554

#### 15.10 Selenium (Se) 554

Functions of Selenium 554

Selenium in Foods 556

Dietary Needs for Selenium 556

Absorption, Transport, Storage, and Excretion of Selenium 556

Selenium Deficiency 556

Selenium Toxicity 557

#### 15.11 Vitamin A 557

Carotenoid Functions 558

Retinoid Functions 559

Vitamin A in Foods 561

Vitamin A Needs 563

Absorption, Transport, Storage, and Excretion of Vitamin A 563

Vitamin A Deficiency Diseases 563

Vitamin A Toxicity 564

Summary 566

Study Questions 567

Websites 569

References 569



## Part 5 Nutrition Applications in the Life Cycle

### 16 NUTRITIONAL ASPECTS OF PREGNANCY AND BREASTFEEDING 572

#### 16.1 Pregnancy 574

Prenatal Developmental Stages: Conception,  
Zygotic, Embryonic, and Fetal 575  
Nourishing the Zygote, Embryo,  
and Fetus 579

#### 16.2 Nutrient Needs of Pregnant Women 580

Energy Needs 581  
Nutrients Needed for Building New Cells 581  
Nutrients Needed for Bone and Tooth  
Development 583

*Expert Perspective from the Field: Grains and Folic  
Acid Fortification 584*

Pregnant Women Do Not Have an Instinctive  
Drive to Consume More Nutrients 584

#### 16.3 Diet and Exercise Plan for Pregnancy 585

Prenatal Vitamin and Mineral  
Supplements 587  
Physical Activity during Pregnancy 587

*Global Perspective: Pregnancy and  
Malnutrition 588*

#### 16.4 Nutrition-Related Factors Affecting Pregnancy Outcome 589

Maternal Prepregnancy Weight 589  
Maternal Weight Gain 590  
Pattern of Maternal Weight Gain 591  
Young Maternal Age 591  
Maternal Eating Patterns 592  
Maternal Health 592  
Maternal Sociocultural  
Factors 594  
Maternal Food Supply 595  
Maternal Lifestyle 596

*Take Action: Healthy Diets for  
Pregnant Women 597*

*Medical Perspective: Nutrition-Related  
Physiological Changes of Concern  
during Pregnancy 598*

#### 16.5 Lactation 600

Milk Production 600

#### 16.6 Nutrient Needs of Breastfeeding Women 602

Maternal Nutritional Status 603  
Food Choices during Lactation 603

#### 16.7 Factors Affecting Lactation 604

Maternal Weight 604  
Maternal Age 604  
Maternal Eating Patterns 604  
Maternal and Infant Health 605  
Sociocultural Factors 605  
Maternal Food Supply 606  
Maternal Lifestyle Choices 607

*Take Action: Investigating Breastfeeding 608*

Summary 608

Study Questions 609

Websites 610

References 610

### 17 NUTRITION DURING THE GROWING YEARS 612

#### 17.1 Growing Up 614

Height and Weight 614  
Body Composition 615  
Body Organs and Systems 615

#### 17.2 Physical Growth 616

Tracking Growth 616  
Using Growth Chart Information 618

#### 17.3 Nutrient Needs 619

*Global Perspective: Autism 620*

Energy 620  
Protein 620  
Fat 621  
Carbohydrate 621  
Water 621  
Vitamins and Minerals 622

#### 17.4 Feeding Babies: Human Milk and Formula 624

Nutritional Qualities of Human Milk 624  
Nutritional Qualities of Infant Formula 625  
Comparing Human Milk and Infant  
Formula 626  
Feeding Technique 627  
Preparing Bottles 628

#### 17.5 Feeding Babies: Adding Solid Foods 630

Deciding When to Introduce Solid Foods 630  
Rate and Sequence for Introducing Solid  
Foods 632  
Weaning from the Breast or Bottle 634  
Learning to Self-Feed 634

#### 17.6 Children as Eaters 635

Appetites 635  
When, What, and How Much to Serve 635



- Food Preferences 637
- Take Action: Getting Young Bill to Eat* 639
- Mealtime Challenges 639
- 17.7 Teenage Eating Patterns 640**
  - Factors Affecting Teens' Food Choices 641
  - Helping Teens Eat More Nutritious Foods 642
- Take Action: Evaluating a Teen Lunch* 643
- Medical Perspective: Potential Nutrition-Related Problems of the Growing Years* 644
- Summary 648
- Study Questions 649
- Websites 650
- References 650

## 18 NUTRITION DURING THE ADULT YEARS 652

- 18.1 Physical and Physiological Changes during Adulthood 654**
  - Usual and Successful Aging 656
  - Factors Affecting the Rate of Aging 657
- Take Action: Stop the Clock! Are You Aging Healthfully?* 658
- 18.2 Nutrient Needs during Adulthood 660**
  - Defining Nutrient Needs 662
- 18.3 Factors Influencing Food Intake and Nutrient Needs 664**
  - Physical and Physiological Factors 664
  - Psychosocial Factors 672
  - Economic Factors 674
- 18.4 Nutrition Assistance Programs 674**
- 18.5 Nutrition-Related Health Issues of the Adult Years 676**
  - Alcohol Use 676
  - Slowed Restoration of Homeostasis 676
  - Alzheimer Disease 677
  - Arthritis 677
- Take Action: Helping Older Adults Eat Better* 678
- Medical Perspective: Complementary and Alternative Medicine Practices* 679
- Summary 683
- Study Questions 684
- Websites 685
- References 686

## Appendices

- A Human Physiology: A Tool for Understanding Nutrition A-1
- B Chemistry: A Tool for Understanding Nutrition A-25
- C Detailed Depictions of Glycolysis, Citric Acid Cycle, Electron Transport Chain, Classes of Eicosanoids, and Homocysteine Metabolism A-48
- D Dietary Advice for Canadians A-54
- E The Exchange System and Lists: A Helpful Menu Planning Tool A-66
- F Fatty Acids, Including Omega-3 Fatty Acids, in Foods A-79
- G Metropolitan Life Insurance Company Height-Weight Table and Determination of Frame Size A-81
- H English-Metric Conversions and Nutrition Calculations A-84
- I Caffeine Content of Beverages, Foods, and Over-the-Counter Drugs A-89
- J Estimated Average Requirements (EARs) for Nutrients A-91
- K CDC Growth Charts A-94
- L Sources of Nutrition Information A-103
- M Dietary Intake and Energy Expenditure Assessment A-106
- N Food Composition Table A-115
- Glossary Terms G-1
- Credits C-1
- Index I-1