## **Contents**

	Introduction Denton A. Cooley, M.D. President and Surgeon-in-Chief of the Texas Heart Institute Clinical Professor of Surgery at the University of Texas Medical School, Houston, Texas	6	
1	Introduction to Digestion and Nutrition	10	
2	Nutrition and Major Nutrients	12	
3	Minor Nutrients and Metabolism	23	
4	Digestion, Absorption, and Elimination	32	
5	Chewing and Swallowing	41	
6	The Stomach and Small Intestine	52	
7	The Large Intestine and Elimination	67	
8	Common Health Problems	76	
9	Guides to Healthy Eating	80	
	Appendix: Conversion Chart	98	
	Glossary	99	
	Bibliography	110	
	Further Resources	111	
	Picture Credits	114	
	Index	115	
	About the Author	120	