

Contents

| | |
|-------------------------------------|-----|
| <i>Foreword</i> | v |
| <i>Preface to the Fifth Edition</i> | vii |
| <i>Preface to the First Edition</i> | ix |

Part I: Introduction to the Study of Nutrition

| | |
|--|----|
| Chapter 1 Foods, Nutrition and Health | 3 |
| Chapter 2 Digestion, Absorption and Utilisation of Nutrients | 11 |
| Chapter 3 The Recommended Dietary Allowances for Nutrients | 26 |

Part II: The Nutrients and Energy

| | |
|--|-----|
| Chapter 4 Carbohydrates | 37 |
| Chapter 5 Fats and Other Lipids..... | 46 |
| Chapter 6 Proteins and Amino Acids | 58 |
| Chapter 7 Energy Metabolism | 70 |
| Chapter 8 Fat-soluble Vitamins | 87 |
| Chapter 9 Water-Soluble Vitamins | 99 |
| Chapter 10 Major and Trace Minerals | 115 |
| Chapter 11 Water, Fluids, Electrolytes and Acid-base Balance | 128 |
| Chapter 12 Nutrition for Fitness, Athletics and Sports | 136 |
| Chapter 13 Disorders of Nutrition | 141 |

Part III: Meal Planning and Management

| | |
|---|-----|
| Chapter 14 Food Guides for Selecting an Adequate Diet..... | 159 |
| Chapter 15 Meal Planning for the Family | 175 |
| Chapter 16 Meal Planning for Various Age Groups | 185 |
| Chapter 17 Indian Meal Patterns—Vegetarian & Non-Vegetarian | 205 |

Part IV: Foods

| | | |
|------------|--|-----|
| Chapter 18 | Food Selection, Purchase and Storage | 213 |
| Chapter 19 | Food Preparation..... | 226 |
| Chapter 20 | Effect of Preparation on Food Components | 235 |
| Chapter 21 | Factors Affecting Food Acceptance | 241 |
| Chapter 22 | Food Sanitation and Hygiene | 246 |

Part V: Diet Therapy

| | | |
|-------------------|--|-----|
| Chapter 23 | Adaptation of Normal Diet for Changing Needs | 257 |
| Chapter 24 | Principles of Diet Therapy and Therapeutic Nutrition | 261 |
| Chapter 25 | Nutrition in Infections, Fever and Lung Diseases | 275 |
| Chapter 26 | Nutrition in Diseases of the Gastrointestinal Tract | 281 |
| Chapter 27 | Nutrition in Diseases of Liver, Gallbladder and Pancreas | 287 |
| Chapter 28 | Nutrition in Diabetes Mellitus | 293 |
| Chapter 29 | Nutrition in Cardiovascular Diseases | 301 |
| Chapter 30 | Diet and Nutrition in Kidney Diseases | 314 |
| Chapter 31 | Nutrition in Cancer | 325 |
| Chapter 32 | Nutrition in Immune System Dysfunction, AIDS and Allergy | 329 |
| Chapter 33 | Nutrition Support in Metabolic Disorders | 336 |
| Chapter 34 | Nutrition in Stress, Burns and Surgery | 343 |
| Chapter 35 | Nutrition: Addictive Behaviours in Anorexia Nervosa, Bulimia and Alcoholism | 350 |
| Chapter 36 | Nutrient Drug Interaction | 355 |
| <i>Appendices</i> | | 363 |
| <i>Index</i> | | 399 |