
Contents

Preface	xv
Additional resources	xvii
Problems at the end of chapters	xviii
Review journals	xix
About the author	xxi
 Chapter 1 Why eat?.....	 1
Objectives.....	1
1.1 The need for energy	1
1.1.1 Units of energy.....	3
1.2 Metabolic fuels.....	3
1.2.1 The need for carbohydrate and fat.....	3
1.2.2 The need for protein.....	4
1.2.3 The need for micronutrients—minerals and vitamins	4
1.3 Hunger and appetite	5
1.3.1 Hunger and satiety—short-term control of feeding.....	5
1.3.2 Long-term control of food intake and energy expenditure	6
1.3.3 Appetite.....	8
1.3.3.1 Taste and flavor	8
1.3.4 Why do people eat what they do?	9
1.3.4.1 The availability and cost of food	9
1.3.4.2 Religion, habit, and tradition	10
1.3.4.3 Luxury status of scarce and expensive foods.....	11
1.3.4.4 The social functions of food.....	11
Key points.....	12
 Chapter 2 Enzymes and metabolic pathways	 13
Objectives.....	13
2.1 Chemical reactions: breaking and making covalent bonds	13
2.1.1 Equilibrium	15
2.1.2 Catalysts	15
2.2 Enzymes.....	16
2.2.1 Specificity of enzymes	18
2.2.2 The stages in an enzyme-catalyzed reaction.....	19
2.2.3 Units of enzyme activity.....	20
2.3 Factors affecting enzyme activity	20
2.3.1 Effect of pH.....	20
2.3.2 Effect of temperature.....	21
2.3.3 Effect of substrate concentration	22
2.3.3.1 Experimental determination of K_m and V_{max}	23
2.3.3.2 Enzymes with two substrates	25
2.3.3.3 Cooperative (allosteric) enzymes	26

2.3.4	Inhibition of enzyme activity	26
2.3.4.1	Irreversible inhibitors	27
2.3.4.2	Competitive reversible inhibitors	28
2.3.4.3	Noncompetitive reversible inhibitors	29
2.3.4.4	Uncompetitive reversible inhibitors	29
2.4	Coenzymes and prosthetic groups	30
2.4.1	Coenzymes and metal ions in oxidation and reduction reactions	30
2.4.1.1	Metal ions	31
2.4.1.2	Riboflavin and flavoproteins	31
2.4.1.3	The nicotinamide nucleotide coenzymes: NAD and NADP	32
2.5	The classification and naming of enzymes	34
2.6	Metabolic pathways	35
2.6.1	Linear and branched pathways	37
2.6.2	Spiral or looped reaction sequences	37
2.6.3	Cyclic pathways	38
2.7	Enzymes in clinical chemistry and medicine	40
2.7.1	Measurement of metabolites in blood, urine and tissue samples	40
2.7.2	Measurement of enzymes in blood samples	40
2.7.3	Assessment of vitamin nutritional status	41
	Key points	42

Chapter 3 The role of ATP in metabolism.....47

	Objectives	47
3.1	The adenine nucleotides	47
3.2	Functions of ATP	48
3.2.1	The role of ATP in endothermic reactions	49
3.2.2	Transport of materials across cell membranes	51
3.2.2.1	Protein binding for concentrative uptake	51
3.2.2.2	Metabolic trapping	52
3.2.2.3	Active transport	52
3.2.2.4	P-type transporters	52
3.2.2.5	ABC-transporters	52
3.2.2.6	The sodium pump	54
3.2.3	The role of ATP in muscle contraction	55
3.2.3.1	Creatine phosphate in muscle	56
3.3	Phosphorylation of ADP to ATP	58
3.3.1	Oxidative phosphorylation: the phosphorylation of ADP to ATP linked to the oxidation of metabolic fuels	60
3.3.1.1	The mitochondrion	61
3.3.1.2	The mitochondrial electron transport chain	63
3.3.1.3	Phosphorylation of ADP linked to electron transport	67
3.3.1.4	Coupling of electron transport, oxidative phosphorylation, and fuel oxidation	69
3.3.1.5	Uncouplers	70
3.3.1.6	Respiratory poisons	71
	Key points	73

Chapter 4 Digestion and absorption.....	75
Objectives.....	75
4.1 The gastrointestinal tract	75
4.2 Digestion and absorption of carbohydrates	78
4.2.1 The classification of carbohydrates	78
4.2.1.1 Monosaccharides	79
4.2.1.2 Sugar alcohols.....	81
4.2.1.3 Disaccharides.....	81
4.2.1.4 Reducing and nonreducing sugars	81
4.2.1.5 Polysaccharides: starches and glycogen	83
4.2.1.6 Nonstarch polysaccharides (dietary fiber)	84
4.2.2 Carbohydrate digestion and absorption	85
4.2.2.1 Starch digestion.....	85
4.2.2.2 Digestion of disaccharides.....	86
4.2.2.3 The absorption of monosaccharides	87
4.3 Digestion and absorption of fats	87
4.3.1 The classification of dietary lipids	87
4.3.1.1 Fatty acids	89
4.3.1.2 Phospholipids	91
4.3.1.3 Cholesterol and the steroids.....	92
4.3.2 Digestion and absorption of triacylglycerols.....	93
4.3.2.1 Bile salts.....	93
4.3.2.2 Lipid absorption and chylomicron formation	95
4.4 Digestion and absorption of proteins.....	96
4.4.1 The amino acids.....	97
4.4.2 Protein structure and denaturation of proteins.....	99
4.4.2.1 Secondary structure of proteins	99
4.4.2.2 Tertiary and quaternary structures of proteins	100
4.4.2.3 Denaturation of proteins.....	101
4.4.3 Protein digestion.....	101
4.4.3.1 Activation of zymogens of proteolytic enzymes.....	102
4.4.3.2 Absorption of the products of protein digestion.....	103
4.5 The absorption of vitamins and minerals	103
4.5.1 Absorption of lipid-soluble vitamins and cholesterol.....	103
4.5.2 Absorption of water-soluble vitamins.....	104
4.5.2.1 Absorption of vitamin B ₁₂	104
4.5.3 Absorption of minerals.....	105
4.5.3.1 Iron absorption.....	106
Key points.....	107
Chapter 5 Energy nutrition—the metabolism of carbohydrates and fats.....	115
Objectives.....	115
5.1 Estimation of energy expenditure	116
5.1.1 Indirect calorimetry and the respiratory quotient	116
5.1.2 Long-term measurement of energy expenditure—the dual isotopically labeled water method	117
5.1.3 Calculation of energy expenditure	117
5.1.3.1 Basal metabolic rate	118

5.1.3.2	Energy costs of physical activity.....	118
5.1.3.3	Diet-induced thermogenesis	120
5.2	Energy balance and changes in body weight.....	122
5.3	Metabolic fuels in the fed and fasting states	123
5.3.1	The fed state.....	123
5.3.2	The fasting state	125
5.4	Energy-yielding metabolism.....	127
5.4.1	Glycolysis—the (anaerobic) metabolism of glucose	127
5.4.1.1	Transfer of NADH from glycolysis into the mitochondria.....	129
5.4.1.2	The reduction of pyruvate to lactate: anaerobic glycolysis.....	131
5.4.2	The pentose phosphate pathway—an alternative to glycolysis	133
5.4.2.1	The pentose phosphate pathway in red blood cells—favism.....	134
5.4.3	The metabolism of pyruvate	135
5.4.3.1	The oxidation of pyruvate to acetyl CoA.....	135
5.4.4	Oxidation of acetyl CoA—the citric acid cycle.....	136
5.4.4.1	The citric acid cycle as a pathway for metabolic interconversion.....	139
5.4.4.2	Complete oxidation of four- and five-carbon compounds.....	140
5.5	The metabolism of fats.....	140
5.5.1	Carnitine and the transport of fatty acids into the mitochondrion	142
5.5.2	The β -oxidation of fatty acids	144
5.5.3	Ketone bodies	145
5.6	Tissue reserves of metabolic fuels.....	147
5.6.1	Synthesis of fatty acids and triacylglycerols.....	147
5.6.1.1	Unsaturated fatty acids	150
5.6.1.2	Synthesis of triacylglycerol.....	151
5.6.2	Plasma lipoproteins.....	151
5.6.2.1	Chylomicrons	153
5.6.2.2	Very low density lipoproteins, intermediate density lipoprotein, and low density lipoproteins	154
5.6.2.3	High density lipoproteins.....	155
5.6.3	Glycogen.....	155
5.6.3.1	Glycogen utilization	156
5.7	Gluconeogenesis—the synthesis of glucose from noncarbohydrate precursors	157
	Key points.....	158

Chapter 6 Diet and health—nutrition and chronic diseases171

	Objectives.....	171
6.1	Chronic diseases (the “diseases of affluence”).....	172
6.2	Types of evidence linking diet and chronic diseases.....	172
6.2.1	Secular changes in diet and disease incidence	173

6.2.2	International correlations between diet and disease incidence	173
6.2.3	Studies of migrants.....	174
6.2.4	Case-control studies	175
6.2.5	Prospective studies.....	176
6.2.6	Intervention studies	177
6.3	Guidelines for a prudent diet.....	178
6.3.1	Energy intake	178
6.3.2	Fat intake.....	179
6.3.2.1	Type of fat in the diet.....	181
6.3.3	Carbohydrate intake.....	184
6.3.3.1	Sugars in the diet	184
6.3.3.2	Undigested carbohydrates (dietary fiber and nonstarch polysaccharides).....	185
6.3.4	Salt.....	186
6.3.5	Alcohol	186
6.4	Nutritional genomics: interactions between diet and genes.....	188
6.4.1	Epigenetic modifications	189
6.5	Free radicals, oxidative damage, and antioxidant nutrients	189
6.5.1	Tissue damage by oxygen radicals.....	190
6.5.2	Sources of oxygen radicals	190
6.5.2.1	Reoxidation of reduced flavins	190
6.5.2.2	The macrophage respiratory burst.....	191
6.5.2.3	Formation of nitric oxide	191
6.5.2.4	Nonenzymic formation of radicals	191
6.5.3	Antioxidant nutrients and non-nutrients—protection against radical damage.....	192
6.5.3.1	Superoxide dismutase, peroxidases, and catalase.....	192
6.5.3.2	Glutathione peroxidase	192
6.5.3.3	Vitamin E	193
6.5.3.4	Carotenes.....	193
6.5.3.5	Vitamin C.....	194
6.5.3.6	Non-nutrient antioxidants	194
6.6	Other protective compounds in foods	194
6.6.1	Inhibition of cholesterol absorption or synthesis	196
6.6.2	Inhibition of carcinogen activation and increased conjugation of activated metabolites.....	196
6.6.2.1	Allyl sulfur compounds.....	196
6.6.2.2	Glucosinolates.....	197
6.6.2.3	Flavonoids	199
6.6.3	Phytoestrogens.....	199
6.6.4	Miscellaneous actions of phytochemicals.....	200
	Key points.....	201
Chapter 7	Overweight and obesity	205
	Objectives.....	205
7.1	Desirable body weight	205
7.1.1	Body mass index	205
7.1.2	Measurement of body fat.....	206

7.1.2.1	Determination of body density.....	207
7.1.2.2	Determination of total body water or potassium.....	208
7.1.2.3	Imaging techniques.....	208
7.1.2.4	Measurement of whole-body electrical conductivity and impedance.....	208
7.1.2.5	Measurement of skinfold thickness.....	209
7.2	The problems of overweight and obesity.....	209
7.2.1	Social problems of obesity.....	209
7.2.2	The health risks of obesity.....	211
7.2.2.1	The distribution of excess adipose tissue.....	214
7.2.3	Obesity and the metabolic syndrome.....	214
7.2.3.1	Insulin resistance and hyperinsulinism.....	215
7.2.3.2	Adiponectin.....	216
7.2.3.3	Macrophage infiltration of adipose tissue.....	216
7.2.3.4	Excessive synthesis of cortisol.....	216
7.3	The causes and treatment of obesity.....	217
7.3.1	Energy expenditure.....	217
7.3.2	Availability of food.....	217
7.3.3	Control of appetite.....	218
7.3.4	How obese people can be helped to lose weight.....	219
7.3.4.1	Starvation.....	219
7.3.4.2	Very low-energy diets.....	220
7.3.4.3	Conventional diets.....	220
7.3.4.4	Very low carbohydrate (ketogenic) diets.....	221
7.3.4.5	Low glycemic index diets.....	221
7.3.4.6	High fiber diets.....	221
7.3.4.7	“Diets” that probably will not work.....	222
7.3.4.8	Slimming patches.....	223
7.3.4.9	Sugar substitutes.....	223
7.3.4.10	Fat substitutes.....	223
7.3.4.11	Pharmacological treatment of obesity.....	223
7.3.4.12	Surgical treatment of obesity.....	224
7.3.4.13	Help and support.....	224
	Key points.....	225

Chapter 8	Protein-energy malnutrition—problems of undernutrition	229
	Objectives.....	229
8.1	Problems of deficiency.....	229
8.2	Protein-energy malnutrition.....	230
8.3	Marasmus	232
8.3.1	Causes of marasmus and vulnerable groups of the population.....	233
8.3.1.1	Disorders of appetite: anorexia nervosa and bulimia	233
8.3.1.2	Malabsorption	234
8.3.1.3	Food intolerance and allergy	234
8.4	Cachexia.....	235
8.4.1	Hypermetabolism in cachexia	235
8.4.2	Increased protein catabolism in cachexia	236
8.5	Kwashiorkor	237

8.5.1	Factors in the etiology of kwashiorkor	237
8.5.2	Rehabilitation of malnourished children.....	238
	Key points.....	238
Chapter 9 Protein nutrition and metabolism		241
	Objectives.....	241
9.1	Nitrogen balance and protein requirements	241
9.1.1	Dynamic equilibrium	243
9.1.1.1	Mechanisms involved in tissue protein catabolism	244
9.1.2	Protein requirements	245
9.1.2.1	Protein requirements of children	246
9.1.2.2	Protein losses in trauma and infection—requirements for convalescence	247
9.1.3	Essential amino acids.....	248
9.1.3.1	Protein quality and complementation	249
9.1.3.2	Unavailable amino acids and protein digestibility.....	250
9.2	Protein synthesis.....	250
9.2.1	The structure and information content of DNA	251
9.2.1.1	DNA replication	253
9.2.1.2	The genetic code.....	253
9.2.2	Ribonucleic acid	254
9.2.2.1	Transcription to form messenger RNA	256
9.2.3	Translation of mRNA—the process of protein synthesis	257
9.2.3.1	Transfer RNA.....	257
9.2.3.2	Protein synthesis on the ribosome	258
9.2.3.3	The energy cost of protein synthesis	260
9.2.3.4	Posttranslational modification of proteins.....	261
9.3	The metabolism of amino acids.....	261
9.3.1	Metabolism of the amino nitrogen.....	262
9.3.1.1	Deamination.....	262
9.3.1.2	Transamination	263
9.3.1.3	The metabolism of ammonia	264
9.3.1.4	The synthesis of urea.....	266
9.3.1.5	Incorporation of nitrogen in biosynthesis.....	268
9.3.2	The metabolism of amino acid carbon skeletons.....	268
	Key points.....	270
Chapter 10 The integration and control of metabolism.....		283
	Objectives.....	283
10.1	Patterns of metabolic regulation	283
10.2	Intracellular regulation of enzyme activity	284
10.2.1	Allosteric modification of the activity of regulatory enzymes	285
10.2.2	Control of glycolysis—the allosteric regulation of phosphofructokinase.....	286
10.2.2.1	Feedback control of phosphofructokinase.....	286
10.2.2.2	Feed-forward control of phosphofructokinase	288
10.2.2.3	Substrate cycling.....	289

10.3	Responses to fast-acting hormones by covalent modification of enzyme proteins	289
10.3.1	Membrane receptors and G-proteins	291
10.3.2	Cyclic AMP and cyclic GMP as second messengers.....	291
10.3.2.1	Amplification of the hormone signal	293
10.3.3	Inositol trisphosphate and diacylglycerol as second messengers.....	294
10.3.3.1	Amplification of the hormone signal	295
10.3.4	The insulin receptor	296
10.4	Slow-acting hormones: changes in enzyme synthesis	296
10.4.1	Amplification of the hormone signal	298
10.5	Hormonal control in the fed and fasting states.....	299
10.5.1	Hormonal control of adipose tissue metabolism	300
10.5.2	Control of lipid metabolism in the liver	301
10.6	Selection of fuel for muscle activity	302
10.6.1	The effect of work intensity on muscle fuel selection	302
10.6.2	Muscle fuel utilization in the fed and fasting states.....	304
10.6.2.1	Regulation of fatty acid metabolism in muscle	304
10.7	Diabetes mellitus—a failure of regulation of blood glucose concentration.....	306
10.7.1	Adverse effects of poor glycemic control	307
	Key points.....	308

Chapter 11 Micronutrients—the vitamins and minerals317

	Objectives.....	317
11.1	The determination of requirements and reference intakes	317
11.1.1	Dietary reference values	318
11.1.1.1	Supplements and safe levels of intake	324
11.1.2	The vitamins.....	324
11.2	Vitamin A.....	327
11.2.1	Vitamin A vitamers and international units	327
11.2.2	Metabolism of vitamin A and provitamin A carotenoids	328
11.2.2.1	Carotene dioxygenase and the formation of retinol from carotenes	328
11.2.2.2	Plasma retinol-binding protein (RBP).....	329
11.2.3	Metabolic functions of vitamin A.....	330
11.2.3.1	Vitamin A in vision.....	330
11.2.3.2	Retinoic acid and the regulation of gene expression	330
11.2.4	Vitamin A deficiency—night blindness and xerophthalmia.....	332
11.2.5	Vitamin A requirements and reference intakes	333
11.2.5.1	Assessment of vitamin A status.....	333
11.2.5.2	Toxicity of vitamin A	333
11.3	Vitamin D.....	334
11.3.1	Vitamers and international units.....	335
11.3.2	Absorption and metabolism of vitamin D.....	335
11.3.2.1	Synthesis of vitamin D in the skin.....	335
11.3.2.2	Metabolism to the active metabolite, calcitriol	336
11.3.3	Metabolic functions of vitamin D.....	337

	11.3.3.1	The role of calcitriol in bone metabolism	338
	11.3.4	Vitamin D deficiency: rickets and osteomalacia	338
	11.3.5	Vitamin D requirements and reference intakes	339
	11.3.5.1	Vitamin D toxicity	339
11.4		Vitamin E	339
	11.4.1	Vitimers and units of activity	340
	11.4.2	Absorption and metabolism of vitamin E.....	340
	11.4.3	Metabolic functions of vitamin E	341
	11.4.3.1	Hypocholesterolemic actions of tocotrienols	342
	11.4.4	Vitamin E deficiency.....	342
	11.4.5	Vitamin E requirements.....	343
	11.4.5.1	Indices of vitamin E status.....	343
11.5		Vitamin K.....	343
	11.5.1	Vitimers of vitamin K	344
	11.5.2	Metabolic functions of vitamin K.....	345
	11.5.2.1	Vitamin K dependent proteins in bone.....	346
	11.5.3	Vitamin K deficiency and requirements.....	346
11.6		Vitamin B ₁ (thiamin).....	346
	11.6.1	Absorption and metabolism of thiamin.....	347
	11.6.2	Metabolic functions of thiamin	347
	11.6.3	Thiamin deficiency	348
	11.6.3.1	Dry beriberi.....	348
	11.6.3.2	Wet beriberi.....	349
	11.6.3.3	Acute pernicious (fulminating) beriberi—shoshin beriberi.....	349
	11.6.3.4	The Wernicke–Korsakoff syndrome.....	349
	11.6.4	Thiamin requirements	349
11.7		Vitamin B ₂ (riboflavin)	350
	11.7.1	Absorption and metabolism of riboflavin.....	350
	11.7.2	Metabolic functions of the flavin coenzymes	351
	11.7.3	Riboflavin deficiency	351
	11.7.3.1	Resistance to malaria in riboflavin deficiency	351
	11.7.4	Riboflavin requirements	352
11.8		Niacin	352
	11.8.1	Metabolism of niacin	352
	11.8.1.1	Unavailable niacin in cereals.....	353
	11.8.1.2	Absorption and metabolism of niacin	354
	11.8.1.3	Metabolism of the nicotinamide nucleotide coenzymes.....	354
	11.8.2	The synthesis of nicotinamide nucleotides from tryptophan.....	354
	11.8.3	Metabolic functions of niacin.....	356
	11.8.3.1	The role of NAD in ADP-ribosylation	357
	11.8.4	Pellagra—a disease of tryptophan and niacin deficiency	357
	11.8.5	Niacin requirements	357
	11.8.5.1	Niacin toxicity	358
11.9		Vitamin B ₆	358
	11.9.1	Absorption and metabolism of vitamin B ₆	359
	11.9.2	Metabolic functions of vitamin B ₆	359
	11.9.3	Vitamin B ₆ deficiency	359

11.9.4	Vitamin B ₆ requirements	360
11.9.5	Assessment of vitamin B ₆ status.....	360
11.9.5.1	The tryptophan load test.....	360
11.9.5.2	The methionine load test	361
11.9.6	Non-nutritional uses of vitamin B ₆	361
11.9.6.1	Vitamin B ₆ toxicity	361
11.10	Vitamin B ₁₂	361
11.10.1	Metabolic functions of vitamin B ₁₂	363
11.10.2	Vitamin B ₁₂ deficiency: pernicious anemia	363
11.10.3	Vitamin B ₁₂ requirements	364
11.10.4	Assessment of vitamin B ₁₂ status.....	364
11.10.4.1	The Schilling test for vitamin B ₁₂ absorption.....	364
11.11	Folic acid	364
11.11.1	Folate vitamers and dietary equivalence	365
11.11.2	Absorption and metabolism of folate	366
11.11.3	Metabolic functions of folate.....	366
11.11.3.1	Thymidylate synthetase and dihydrofolate reductase	368
11.11.3.2	Methionine synthetase and the methyl-folate trap	368
11.11.3.3	Methylenetetrahydrofolate reductase and hyperhomocysteinemia.....	370
11.11.4	Folate deficiency: megaloblastic anemia	370
11.11.5	Folate requirements.....	371
11.11.5.1	Folate in pregnancy	371
11.11.5.2	Higher levels of folate intake.....	371
11.11.6	Assessment of folate status.....	372
11.11.6.1	Histidine metabolism—the FIGLU test	372
11.11.6.2	The dUMP suppression test.....	372
11.12	Biotin.....	373
11.12.1	Absorption and metabolism of biotin.....	373
11.12.2	Metabolic functions of biotin	373
11.12.3	Biotin deficiency and requirements	374
11.13	Pantothenic acid.....	375
11.13.1	Absorption, metabolism, and metabolic functions of pantothenic acid	375
11.13.1.1	Coenzyme A and acyl carrier protein.....	375
11.13.2	Pantothenic acid deficiency; safe and adequate levels of intake.....	375
11.14	Vitamin C (ascorbic acid).....	376
11.14.1	Absorption and metabolism of vitamin C	377
11.14.2	Metabolic functions of vitamin C.....	377
11.14.2.1	Copper-containing hydroxylases.....	377
11.14.2.2	α-Ketoglutarate-linked iron-containing hydroxylases	378
11.14.3	Vitamin C deficiency: scurvy.....	378
11.14.3.1	Anemia in scurvy	379
11.14.4	Vitamin C requirements	379
11.14.4.1	Possible benefits of high intakes of vitamin C	380

11.14.4.2	Pharmacological uses of vitamin C.....	380
11.14.4.3	Toxicity of vitamin C	381
11.14.5	Assessment of vitamin C status.....	381
11.15	Minerals	382
11.15.1	Calcium	382
11.15.1.1	Osteoporosis	382
11.15.2	Minerals that function as prosthetic groups in enzymes	383
11.15.2.1	Cobalt	383
11.15.2.2	Copper	383
11.15.2.3	Iron	383
11.15.2.4	Molybdenum.....	384
11.15.2.5	Selenium.....	384
11.15.2.6	Zinc.....	385
11.15.3	Minerals that have a regulatory role in neurotransmission, as enzyme activators or in hormones	385
11.15.3.1	Calcium.....	385
11.15.3.2	Chromium.....	385
11.15.3.3	Iodine	385
11.15.3.4	Magnesium.....	387
11.15.3.5	Manganese	387
11.15.3.6	Sodium and potassium	387
11.15.4	Minerals known to be essential, but whose function is unknown.....	387
11.15.4.1	Silicon.....	387
11.15.4.2	Vanadium	387
11.15.4.3	Nickel and tin	387
11.15.5	Minerals that have effects in the body, but whose essentiality is not established.....	388
11.15.5.1	Fluoride.....	388
11.15.5.2	Lithium	388
11.15.5.3	Other minerals.....	388
	Key points.....	388
	Appendix	391
	Glossary	393
	Index	403