
Contents

Preface to the Third Edition	xxiii
Preface to the Second Edition.....	xxv
Preface to the First Edition	xxvii
Acknowledgments.....	xxix

PART I Biology and Biochemistry

Chapter 1 Introduction: Fundamentals of Nutrition	3
1.1 Terminology	3
1.1.1 Metabolism.....	4
1.1.2 Homeostasis.....	4
1.2 Nutritional Labeling	5
1.3 The Need for a Variety of Foods	5
1.3.1 Fruits and Vegetables—More Matters	6
1.3.2 Red and Processed Meat—Less Is Better	6
1.4 The Need for Energy	7
1.5 The Need for Digestion, Absorption, and Utilization of Nutrients.....	7
1.6 Enteral and Parenteral Nutrition.....	8
1.6.1 Enteral Feeding	8
1.6.2 Parenteral Feeding.....	8
1.7 Adaptation	9
1.8 Water as a Nutrient	10
1.8.1 Requirement for Athletes	11
1.9 Food Allergy.....	12
1.9.1 Allergies—Read It and Eat	14
1.9.2 Cell Phone Allergy	14
1.10 Guidelines for Americans.....	15
1.11 Exercise for Health	16
1.12 Healthy Advice	20
References	21
Case Bibliography	22
Chapter 2 Digestion of Carbohydrates, Lipids, and Proteins.....	23
2.1 Introduction	23
2.2 Carbohydrates.....	26
2.2.1 Digestion and Absorption.....	26
2.2.2 Carbohydrate Intolerance.....	27
2.3 Lipids	29
2.3.1 Digestion and Absorption.....	29
2.3.2 Lipid Malabsorption	31
2.4 Proteins.....	32
2.4.1 Digestion and Absorption.....	32
2.4.2 Defects in Protein Digestion and Absorption.....	33

2.5	Malabsorption Syndromes.....	34
2.5.1	Celiac Disease	34
2.5.2	Cystic Fibrosis.....	36
2.5.3	Tropical Sprue	37
2.5.4	Inflammatory Bowel Diseases	37
2.5.5	Short Bowel Syndrome.....	38
2.6	Microorganisms.....	38
	References	40
	Case Bibliography	40
Chapter 3	Requirements for Energy: Carbohydrates, Fats, and Proteins	41
3.1	Energy.....	41
3.1.1	Calories.....	41
3.1.2	Basal Metabolism.....	42
3.1.3	Resting Energy Expenditure	43
3.1.4	Thermic Effect of Food.....	43
3.1.5	Caloric Density.....	43
3.1.6	Caloric Requirement	44
3.1.7	Calorie Intake and Body Weight.....	45
3.2	Respiratory Quotient	46
3.3	Carbohydrates.....	47
3.3.1	Glycemic Index and Glycemic Load.....	49
3.3.2	Carbohydrates and Health.....	49
3.4	Fat.....	51
3.4.1	Need for Fat in the Diet.....	53
3.4.2	Dietary Fat and Health	54
3.5	Proteins.....	54
3.5.1	Amino Acid Catabolism.....	56
3.5.2	Anabolism or Catabolism.....	57
3.5.3	Protein Reserves.....	58
3.5.4	Nitrogen Balance.....	59
3.5.5	Nutritional Quality of Proteins.....	59
3.5.6	Protein Needs in Disease	60
3.5.7	Protein-Energy Malnutrition.....	62
3.6	Use of Body Energy Sources during Hypometabolism and Hypermetabolism	64
3.6.1	Starvation—Hypometabolism.....	64
3.6.2	Stress—Hypermetabolism	65
	References	66
	Case Bibliography	67
Chapter 4	Role of Essential Fatty Acids	69
4.1	Fatty Acids.....	69
4.2	Neutral Fat.....	70
4.3	Properties of Fat	70
4.3.1	Iodine Number.....	70
4.3.2	Rancidity	70
4.3.3	Hydrogenation	71
4.3.4	<i>Trans</i> Fatty Acids	71
4.3.5	Conjugated Linoleic Acid.....	71

4.4	Dietary Sources and Health Effects of <i>Trans</i> Fatty Acids	71
4.5	Saturated Fatty Acids	73
4.6	Monounsaturated Fatty Acids	73
4.7	Essential Fatty Acids	74
4.7.1	Functions	76
4.7.2	Deficiency of Essential Fatty Acids	77
4.7.3	Requirements	79
4.7.4	Effect of Excess Essential Fatty Acids	80
4.7.5	Food Sources	80
4.7.6	Dietary ω_3 Fatty Acids and Health	81
References	84	
Case Bibliography	85	
Chapter 5	Eicosanoids	87
5.1	Prostaglandins	87
5.1.1	Chemistry and Nomenclature	87
5.1.2	Biosynthesis	88
5.1.3	Catabolism	89
5.1.4	Physiological Actions	89
5.2	Thromboxanes	90
5.3	Prostacyclins	91
5.4	Leukotrienes	91
5.4.1	Metabolism of Leukotrienes	91
5.4.2	Physiological Actions	91
5.5	Lipoxins	92
5.6	Cytochrome P450–Derived Products	92
5.7	Inhibitors of Eicosanoid Biosynthesis	93
5.7.1	Cyclooxygenase 2: A Target for Treatment of Diseases	95
5.7.2	Cyclooxygenase 3	96
5.8	Eicosanoids and Chronic Diseases	97
5.9	Effects of Diet on Eicosanoids	97
5.9.1	Factors Affecting the Formation of 20-Carbon PUFAs	97
5.9.2	Factors Affecting Eicosanoid Synthesis	98
5.10	Alternative Medicine for Pain	98
5.10.1	Turmeric	99
5.10.2	Avocado Soy Unsaponifiable	100
5.10.3	Glucosamine and Chondroitin	100
References	101	
Case Bibliography	102	
Chapter 6	Inorganic Elements (Minerals)	103
6.1	Essential Macrominerals	103
6.1.1	Calcium	103
6.1.2	Phosphorus	108
6.1.3	Magnesium	109
6.1.4	Potassium	110
6.1.5	Sodium	112
6.1.6	Chloride	113

6.1.7	Sulfur.....	114
6.1.8	Role of Macrominerals and Other Factors in Hypertension	114
6.2	Essential Trace Elements.....	120
6.2.1	Iron	120
6.2.2	Copper.....	124
6.2.3	Zinc.....	127
6.2.4	Cobalt	130
6.2.5	Molybdenum.....	131
6.2.6	Selenium.....	133
6.2.7	Manganese.....	136
6.2.8	Iodine.....	138
6.2.9	Chromium	141
6.2.10	Fluoride	143
6.3	Ultratrace Minerals	149
6.3.1	Silicon.....	149
6.3.2	Nickel	149
6.3.3	Boron.....	150
6.3.4	Arsenic	151
6.3.5	Tin	151
6.3.6	Vanadium	152
	References	152
	Case Bibliography	156
Chapter 7	Vitamins—An Overview	157
7.1	Historical Perspective.....	157
7.2	Definition.....	157
7.3	Names.....	157
7.4	Classification	158
7.5	Functions	158
7.6	Deficiency	159
7.7	Need for Supplements.....	160
7.8	Hypervitaminosis	161
7.9	Antivitamins.....	162
7.10	Enrichment of Foods	162
	References	164
	Case Bibliography	164
Chapter 8	Fat-Soluble Vitamins.....	165
8.1	Vitamin A.....	165
8.1.1	Chemistry.....	165
8.1.2	Food Sources.....	165
8.1.3	Absorption.....	166
8.1.4	Transport	167
8.1.5	Biochemical Role	167
8.1.6	Deficiency.....	171
8.1.7	Units	174
8.1.8	Recommended Dietary Allowance.....	174
8.1.9	Assessment of Vitamin A Status.....	174
8.1.10	Toxicity.....	174

8.2	Vitamin D.....	175
8.2.1	Chemistry.....	175
8.2.2	Food Sources.....	177
8.2.3	Absorption.....	177
8.2.4	Metabolism.....	178
8.2.5	Functions.....	179
8.2.6	Deficiency.....	182
8.2.7	Units	185
8.2.8	Assessment of Vitamin D Status.....	185
8.2.9	Toxicity.....	185
8.3	Vitamin E	186
8.3.1	Chemistry.....	186
8.3.2	Food Sources.....	187
8.3.3	Absorption and Transport	187
8.3.4	Functions.....	187
8.3.5	Deficiency.....	189
8.3.6	Units	190
8.3.7	Assessment of Vitamin E Status	190
8.3.8	Toxicity.....	190
8.4	Vitamin K.....	190
8.4.1	Chemistry.....	191
8.4.2	Food Sources.....	192
8.4.3	Absorption.....	192
8.4.4	Functions.....	192
8.4.5	Deficiency.....	194
8.4.6	Requirements.....	195
8.4.7	Assessment of Vitamin K Status.....	195
8.4.8	Toxicity.....	195
	References	196
	Case Bibliography	199
Chapter 9	Water-Soluble Vitamins I.....	201
9.1	Thiamin—B ₁	201
9.1.1	Food Sources.....	201
9.1.2	Chemistry.....	201
9.1.3	Absorption and Transport	201
9.1.4	Functions.....	202
9.1.5	Deficiency.....	203
9.1.6	Requirements.....	205
9.1.7	Assessment of Thiamin Status.....	206
9.1.8	Antithiamin Substances	206
9.1.9	Toxicity.....	206
9.2	Riboflavin—B ₂	206
9.2.1	Chemistry.....	207
9.2.2	Food Sources.....	207
9.2.3	Absorption and Transport	207
9.2.4	Biochemical Role	208
9.2.5	Deficiency.....	208
9.2.6	Requirements.....	210
9.2.7	Assessment of Nutritional Status	210

9.3	9.2.8 Antagonists.....	210
	9.2.9 Toxicity.....	210
	9.3 Niacin.....	210
	9.3.1 Food Sources.....	211
	9.3.2 Tryptophan–Niacin Relationship	211
	9.3.3 Bound Forms of Niacin	212
	9.3.4 Chemistry.....	212
	9.3.5 Absorption and Transport	213
	9.3.6 Functions	213
	9.3.7 Deficiency.....	214
	9.3.8 Requirements.....	215
	9.3.9 Evaluation of Niacin Status.....	216
	9.3.10 Toxicity.....	216
9.4	9.4 Pantothentic Acid	216
	9.4.1 Food Sources.....	216
	9.4.2 Chemistry.....	217
	9.4.3 Absorption and Transport	217
	9.4.4 Functions	217
	9.4.5 Deficiency.....	218
	9.4.6 Requirements.....	219
	9.4.7 Assessment of Pantothenic Acid Status	219
	9.4.8 Effect of Excess Pantothenic Acid.....	219
9.5	9.5 Biotin	220
	9.5.1 Food Sources.....	220
	9.5.2 Chemistry.....	220
	9.5.3 Absorption and Transport	221
	9.5.4 Functions	221
	9.5.5 Deficiency.....	222
	9.5.6 Assessment of Biotin Status.....	224
	9.5.7 Requirements.....	224
	9.5.8 Effect of Pharmacological Doses.....	224
	References	226
	Case Bibliography	227
	Chapter 10 Water-Soluble Vitamins II.....	229
10.1	10.1 Folic Acid.....	229
	10.1.1 Food Sources.....	229
	10.1.2 Chemistry.....	229
	10.1.3 Absorption.....	230
	10.1.4 Functions	231
	10.1.5 Deficiency.....	231
	10.1.6 Antagonists.....	234
	10.1.7 Assessment of Folic Acid Status	234
	10.1.8 Requirements.....	234
	10.1.9 Excess Folate	235
10.2	10.2 Vitamin B ₁₂	235
	10.2.1 Food Sources.....	236
	10.2.2 Chemistry.....	236
	10.2.3 Absorption and Transport	237
	10.2.4 Biochemical Functions.....	238

10.2.5 Deficiency.....	241
10.2.6 Requirements.....	243
10.2.7 Assessment of B ₁₂ Status	243
10.2.8 Toxicity.....	243
10.3 Pyridoxine	244
10.3.1 Chemistry.....	244
10.3.2 Food Sources.....	244
10.3.3 Absorption and Transport	245
10.3.4 Functions	245
10.3.5 Deficiency.....	246
10.3.6 Effect of Drugs.....	246
10.3.7 Genetic Defects	247
10.3.8 Requirements.....	247
10.3.9 Assessment of Vitamin B ₆ Status.....	248
10.3.10 Effect of Pharmacological Doses.....	248
10.4 Vitamin C—Ascorbic Acid.....	249
10.4.1 Food Sources.....	250
10.4.2 Chemistry.....	250
10.4.3 Absorption and Metabolism.....	251
10.4.4 Biochemical Functions.....	251
10.4.5 Deficiency.....	252
10.4.6 Requirements.....	255
10.4.7 Assessment of Vitamin C Status.....	255
10.4.8 Effects of High Doses of Vitamin C	256
10.5 Anemias.....	258
References	258
Case Bibliography	260
Chapter 11 Vitamin-Like Substances.....	261
11.1 Choline	261
11.2 Carnitine.....	263
11.3 Bioflavonoids	266
11.4 Lipoic Acid.....	267
11.5 Coenzyme Q.....	268
11.6 Inositol	270
11.7 <i>p</i> -Aminobenzoic Acid	272
References	274
Case Bibliography	275

PART II Special Nutritional Needs

Chapter 12 Nutritional Aspects of Pregnancy and Lactation	279
12.1 Nutrition Prior to Pregnancy	279
12.2 Nutrition during Pregnancy	281
12.2.1 Length of Pregnancy and Birth Weight	281
12.2.2 Physiology	281
12.2.3 Nutrient Requirements	285
12.2.4 Other Maternal Factors	289

12.3	Fetal Origins of Adult Disease.....	295
12.4	Nutrition during Lactation.....	297
12.4.1	Energy	297
12.4.2	Protein	298
12.4.3	Essential Fatty Acids.....	298
12.4.4	Calcium	298
12.4.5	Water-Soluble Vitamins	298
12.4.6	Other Factors.....	298
12.5	Lactation Effects.....	298
12.5.1	Role of Prolactin Other than in Lactation.....	299
	References	299
	Case Bibliography	300
Chapter 13	Nutrition and Development	301
13.1	Fetal Development.....	301
13.2	Extrauterine Development.....	304
13.3	Nutrition and Development during Infancy	306
13.3.1	Nutritional Requirements.....	306
13.3.2	Requirements for Low Birth Weight Infants.....	308
13.3.3	Breast-Feeding	309
13.3.4	Infant Formulas.....	313
13.3.5	Solid Foods.....	314
13.3.6	Adverse Reactions to Food.....	315
13.3.7	Metabolic Disorders	315
13.4	Nutrition and Development during Childhood.....	316
13.4.1	Energy	316
13.4.2	Protein	317
13.4.3	Vitamins and Minerals.....	317
13.5	Nutrition and Development during Adolescence.....	317
13.5.1	Energy	318
13.5.2	Protein	318
13.5.3	Vitamins and Minerals.....	318
13.6	Overweight in Infancy, Childhood, and Adolescence.....	319
	References	321
	Case Bibliography	322
Chapter 14	Nutrition and Aging	323
14.1	Aging	323
14.1.1	Life Expectancy and Lifespan.....	323
14.1.2	Theories of Aging	325
14.2	Effects of Nutrition, Drugs, Supplements, and Genes.....	325
14.2.1	Nutrition	325
14.2.2	Drugs and Supplements.....	327
14.2.3	Genetic Factors.....	328
14.3	Role of Antioxidants.....	329
14.4	Factors Affecting Nutrition Status	330
14.4.1	Physiologic Changes.....	330
14.4.2	Malabsorption and Gastrointestinal Disorders	331
14.4.3	Metabolism.....	332
14.4.4	Drugs.....	332

14.4.5 Diseases.....	332
14.4.6 Other Factors.....	332
14.5 Nutrient Requirements	332
14.5.1 Energy	332
14.5.2 Protein.....	333
14.5.3 Other Macronutrients	333
14.5.4 Micronutrients.....	333
14.6 Lifestyle	334
References	336
Case Bibliography	337

PART III Nutrition and Specific Disorders

Chapter 15 Nutritional Assessment.....	341
15.1 Anthropometric Measurements.....	341
15.1.1 Body Weight.....	342
15.1.2 Length and Height.....	342
15.1.3 Body Mass Index.....	342
15.1.4 Skinfold Thickness.....	342
15.1.5 Head Circumference.....	343
15.1.6 Midarm Muscle Circumference	343
15.2 Clinical Evaluation	343
15.2.1 Medical History.....	343
15.2.2 Physical Examination.....	344
15.3 Laboratory Assessment	345
15.3.1 Assessment of Body Protein Status.....	346
15.3.2 Body Fat	348
15.3.3 Immune Function	348
15.3.4 Nitrogen Balance.....	349
15.3.5 Lipids.....	349
15.3.6 Other Nutrients.....	349
15.3.7 Nutrients Involved in Hematopoiesis	349
15.4 Dietary Assessment.....	350
References	350
Chapter 16 Obesity and Eating Disorders	353
16.1 Classification	353
16.2 Pattern of Fat Deposition.....	355
16.3 Prevalence.....	355
16.4 Causes of Obesity	357
16.4.1 Calories.....	357
16.4.2 Genetics.....	358
16.4.3 Brown Fat.....	358
16.4.4 Lipoprotein Lipase	359
16.4.5 ATPase	360
16.4.6 Set Point	360
16.4.7 Role of Hormones.....	360

16.5	Assessment of Obesity.....	363
16.5.1	Body Weight.....	363
16.5.2	Body Mass Index.....	363
16.5.3	Skinfold Thickness.....	364
16.5.4	Other Techniques	364
16.6	Medical Complications.....	365
16.6.1	Waist Circumference.....	366
16.7	Diet and Other Strategies for Weight Reduction.....	367
16.8	Fad Diets.....	368
16.9	Alternative Medicine for Weight Reduction.....	368
16.9.1	Seaweeds for Dieters	368
16.10	Pharmacotherapy	369
16.11	Eating Disorders.....	371
16.11.1	Anorexia Nervosa.....	372
16.11.2	Bulimia Nervosa.....	373
16.11.3	Binge Eating	374
16.11.4	Night Eating Disorders.....	374
16.11.5	Baryphobia	374
16.11.6	Pica.....	374
16.11.7	Miscellaneous Eating Disorders	375
	References	376
	Case Bibliography	378
Chapter 17	Cholesterol and Dyslipidemia.....	379
17.1	Cholesterol.....	379
17.1.1	Food Sources.....	379
17.1.2	Body Cholesterol.....	380
17.1.3	Functions	380
17.1.4	Synthesis.....	380
17.1.5	Cholesterol Degradation.....	381
17.2	Lipoproteins and Lipid Transport.....	382
17.2.1	Chylomicrons	383
17.2.2	Very Low-Density Lipoprotein	384
17.2.3	Intermediate-Density Lipoprotein.....	384
17.2.4	Low-Density Lipoprotein.....	384
17.2.5	High-Density Lipoprotein	385
17.2.6	Lipoprotein (a).....	386
17.3	Plasma Cholesterol and Risk of Heart Disease.....	386
17.4	The National Cholesterol Education Program	387
17.5	Plasma Triglycerides and Risk of Heart Disease	388
17.6	Dietary Management	388
17.7	Drug Therapy	390
17.8	Recent Studies on HDL	391
17.9	Hypocholesterolemia	392
17.10	Effects of Low Blood Cholesterol	392
17.11	Alternative Medicine to Lower Cholesterol	392
17.11.1	Policosanol	393
17.11.2	Berberine	393
17.11.3	Phytosterols	394

17.12 Inborn Errors of Cholesterol Biosynthesis	394
17.12.1 Smith–Lemli–Opitz Syndrome.....	394
References	395
Case Bibliography	396
Chapter 18 Osteoporosis	397
18.1 Osteopenia and Bone Mineral Density	397
18.2 Epidemiology of Osteoporosis	397
18.3 Disease Process	398
18.4 Factors Contributing to Bone Mass.....	399
18.4.1 Genetic Factors, Body, and Build.....	399
18.4.2 Sex.....	400
18.4.3 Calcium Intake	400
18.4.4 Phosphorus Intake.....	401
18.4.5 Lactose Intake	401
18.4.6 Protein Intake	401
18.4.7 Vitamin D Intake.....	402
18.4.8 Vitamin C Intake.....	402
18.4.9 Vitamin K Intake.....	402
18.4.10 Magnesium Intake.....	403
18.4.11 Other Nutrients—Folic Acid, Vitamin B ₁₂ , Vitamin A, and Sodium.....	403
18.4.12 Fiber and Related Substances.....	403
18.4.13 Vegetarian Diet.....	403
18.4.14 Caffeine Intake.....	404
18.4.15 Alcohol, Cigarette Smoking, and Drugs	404
18.4.16 Trace Elements.....	405
18.4.17 Organ Transplant.....	406
18.4.18 Physical Activity.....	407
18.4.19 Toxic Effects of Some Minerals.....	407
References	408
Case Bibliography	409
Chapter 19 Nutritional Aspects of Diabetes	411
19.1 Classification	411
19.2 Epidemiology.....	413
19.3 Diagnosis of Diabetes.....	415
19.4 Role of Adiponectin, Osteocalcin, Fetuin-A, and Melatonin.....	415
19.4.1 Adiponectin	415
19.4.2 Osteocalcin.....	416
19.4.3 Fetuin-A	416
19.4.4 Melatonin	417
19.5 Mechanism of Insulin Action.....	417
19.6 Complications of Diabetes.....	418
19.7 Dietary Management	420
19.8 Dietary Factors.....	421
19.8.1 Energy	421
19.8.2 Carbohydrate	422
19.8.3 Fat.....	423

19.8.4 Protein	423
19.8.5 Alcohol	423
19.8.6 Dietary Fiber	423
19.8.7 Vitamins and Minerals.....	423
19.9 Physical Activity.....	424
19.10 Metabolic Syndrome	425
19.10.1 Definition of Metabolic Syndrome.....	425
19.11 Lifestyle Modification to Reduce the Risk of Type 2 Diabetes.....	426
19.12 Alternative Medicine for Diabetes	426
References	428
Case Bibliography	429
 Chapter 20 Nutritional Aspects of Kidney Disease.....	431
20.1 Kidney Functions.....	431
20.2 Chronic Kidney Disease.....	432
20.2.1 Nutritional Management	433
20.2.2 Nutritional Management for Patients Treated with Dialysis.....	434
20.3 Acute Kidney Injury.....	435
20.4 Nephrotic Syndrome.....	436
20.5 Kidney Stone Disease.....	436
20.5.1 Epidemiology	437
20.5.2 Causes.....	437
20.5.3 Classification	438
References	440
 Chapter 21 Nutritional Aspects of Genetic Diseases.....	441
21.1 Carbohydrate Metabolism	441
21.1.1 Sucrose and Fructose Metabolism	442
21.1.2 Lactose and Galactose Metabolism.....	443
21.1.3 Glucose Metabolism.....	444
21.1.4 Glycogen Metabolism.....	444
21.2 Amino Acid Metabolism	445
21.2.1 Phenylalanine	445
21.2.2 Tyrosine	446
21.2.3 Histidine	447
21.2.4 Arginine and Ornithine.....	447
21.2.5 Urea Cycle	447
21.2.6 Methionine	448
21.2.7 Valine, Leucine, and Isoleucine	449
21.2.8 Glutaryl Coenzyme A Accumulation.....	450
21.2.9 Cystinuria.....	450
21.2.10 Lysine	450
21.3 Disorders of Lipid Metabolism.....	450
21.3.1 Propionate and Methylmalonate.....	451
21.3.2 Carnitine.....	452
21.3.3 Other Abnormalities.....	453
21.4 Miscellaneous Genetic Diseases	454
21.5 Summary	454
References	457
Case Bibliography	458

Chapter 22	Nutritional and Metabolic Effects of Alcohol.....	459
22.1	Epidemiology.....	459
22.2	Absorption	460
23.3	Distribution.....	460
22.4	Nutritional Significance of Alcohol.....	460
22.5	Alcohol Metabolism	461
22.5.1	Cytosolic Alcohol Dehydrogenase Pathway	461
22.5.2	Microsomal Ethanol-Oxidizing System.....	462
22.5.3	Peroxisomal Catalase	462
22.6	Rate of Alcohol Metabolism	463
22.6.1	Gender Difference	463
22.6.2	Ethnic Difference	464
22.7	Metabolic Effects of Alcohol	465
22.8	Effect of Alcohol on the Body.....	466
22.8.1	Neurological Disorders.....	467
22.8.2	Liver	468
22.8.3	Cardiovascular System.....	468
22.8.4	Gastrointestinal Disorders.....	469
22.8.5	Immune System.....	469
22.8.6	Cancer	469
22.8.7	Fetus	469
22.9	Nutritional Implications	470
22.10	Health Benefits of Alcohol	471
22.11	Alcohol Dependency	472
22.12	Alternative Medicine for Alcoholism and Alcohol Hangover	473
22.12.1	Alcoholism	473
22.12.2	Alcohol Hangover.....	474
References	476	
Case Bibliography	478	
Chapter 23	Nutritional Epidemiology.....	479
23.1	Historical Perspective.....	479
23.2	Techniques/Approaches.....	480
23.2.1	Descriptive Studies.....	480
23.2.2	Correlation Studies.....	480
23.2.3	Observational Studies—Case–Control.....	481
23.2.4	Observational Studies—Cohort	483
23.2.5	Experimental Epidemiology.....	484
23.3	Epidemiological Measures	484
23.4	Significance of Epidemiological Studies.....	486
23.5	A Few Examples of Nutritional Studies.....	486
References	487	

PART IV *Special Topics*

Chapter 24	Dietary Fiber	491
24.1	Fiber.....	491
24.1.1	Definition.....	491

24.1.2 Food Sources.....	491
24.1.3 Components of Dietary Fiber.....	491
24.1.4 Metabolism of Fiber	493
24.1.5 Physiological Effects	494
24.2 Fiber and Disease	494
24.2.1 Diseases of the Gastrointestinal Tract.....	494
24.2.2 Circulation-Related Diseases	496
24.2.3 Metabolic Diseases.....	497
24.2.4 Other Diseases.....	498
24.3 Recommendations for Fiber Intake.....	498
24.4 Overconsumption of Fiber.....	499
References	500
Chapter 25 Antioxidants and Health.....	503
25.1 Free Radicals.....	503
25.2 Formation of Free Radicals	503
25.3 Free Radicals in Biological Systems	504
25.4 Protection from Free Radicals.....	505
25.4.1 Antioxidant Enzymes.....	505
25.4.2 Antioxidant Small Molecules.....	506
25.5 Benefits of Free Radicals.....	507
25.6 Free Radicals and Diseases	508
25.6.1 Aging.....	509
25.6.2 Cancer	509
25.6.3 Cataracts.....	509
25.6.4 Cardiovascular Disease	510
25.6.5 Brain.....	510
25.6.6 Reperfusion Injury	511
25.6.7 Nitric Oxide and Disease	511
25.7 Large Doses of Antioxidants	512
References	513
Chapter 26 Toxicants Occurring Naturally in Foods and Additives	515
26.1 Toxicants in Food	515
26.1.1 Naturally Occurring Toxicants.....	515
26.1.2 Food Contaminants	516
26.1.3 Substances That Are Toxic under Special Conditions	522
26.1.4 Toxicants Produced during Cooking.....	523
26.1.5 Safety of Foods.....	524
26.2 Additives.....	526
26.2.1 Nitrates.....	528
26.2.2 Butylated Hydroxyanisole and Butylated Hydroxytoluene	528
26.2.3 Sulfites	529
26.2.4 Monosodium Glutamate.....	529
26.2.5 Diacetyl	530
26.2.6 Carmine and Cochineal	530
26.2.7 Intense Sweeteners	531
26.2.8 Fat Replacers	532
References	534
Case Bibliography	535

Chapter 27	Vegetarianism and Other Popular Nutritional Practices.....	537
27.1	Vegetarianism.....	537
27.1.1	Potential Risks.....	537
27.1.2	Potential Benefits.....	539
27.2	Mediterranean Diet.....	540
27.3	Kosher Diet.....	540
27.4	Zen Macrobiotic Diet	541
27.5	One-Emphasis Diets	541
27.6	Organically Grown Foods.....	541
27.6.1	Nutritional Superiority	542
27.6.2	Safety of the Food Supply	543
27.6.3	Taste	544
27.6.4	Cost.....	544
27.6.5	Standards for Organically Grown Products	544
27.7	Natural Foods.....	545
27.8	Health Foods.....	546
27.9	Megadoses of Vitamins and Nonvitamins	546
27.9.1	Megadoses of Vitamins.....	546
27.9.2	Nonvitamins	548
27.10	Hair Analysis.....	548
	References	550
	Case Bibliography	551
Chapter 28	Nutritional Aspects of Biotransformation	553
28.1	Detoxication Process	555
28.1.1	Phase I Reactions	555
28.1.2	Phase II Reactions.....	557
28.1.3	Miscellaneous Reactions.....	559
28.2	Factors Affecting Detoxication	560
28.2.1	Genetics.....	560
28.2.2	Age and Gender.....	561
28.2.3	Dietary Factors.....	563
28.2.4	Disease	564
	References	565
Chapter 29	Nutraceuticals.....	567
29.1	Introduction	567
29.2	Interest in Nutraceuticals.....	568
29.3	Fruits and Vegetables with Health-Promoting Properties.....	570
29.3.1	Foods Rich in Fiber	571
29.3.2	Soybeans.....	572
29.3.3	Cruciferous Vegetables.....	574
29.3.4	Tomatoes, Autumn Olive Berries.....	575
29.3.5	Yellow and Dark Green Vegetables.....	575
29.3.6	Grapes	576
29.3.7	Berries	576
29.3.8	Cherries	577
29.3.9	Citrus Fruits.....	577
29.3.10	Evening Primrose Oil and Olive Oil.....	578

29.3.11 Garlic and Related Vegetables	579
29.3.12 Nuts	580
29.3.13 Tea	580
29.3.14 Chocolate.....	582
29.3.15 Miscellaneous Foods and Their Active Components.....	582
29.4 Need for Additional Research	583
29.5 Seafood.....	584
29.6 Use of Biotechnology in the Food Industry	584
29.6.1 Controversy Related to Genetically Modified Foods.....	585
29.6.2 Genetically Altered Animals Get Closer to the Table	586
29.7 Dietary Modulation of Colonic Microorganisms.....	587
29.7.1 Preparation of Yogurt at Home	588
References	590
Case Bibliography	591
Chapter 30 Alternative Medicine: Dietary Supplements.....	593
30.1 History of Supplement Regulation in the United States.....	594
30.2 Safety and Efficacy of Supplements.....	595
30.3 German Commission E Report	598
30.4 Beneficial Effects.....	598
30.5 Supplements.....	599
30.5.1 Supplements for Weight Loss.....	599
30.5.2 Coenzyme Q10	599
30.5.3 Dehydroepiandrosterone	599
30.5.4 Echinacea	600
30.5.5 Ginseng.....	600
30.5.6 Ginkgo.....	600
30.5.7 Glucosamine and Chondroitin Sulfate.....	601
30.5.8 Kava.....	601
30.5.9 Ma Huang.....	602
30.5.10 Melatonin	602
30.5.11 SAMe.....	602
30.6 Adverse Effects of Dietary Supplements.....	603
30.6.1 Herbal Ecstasy and Parkinson's Syndrome.....	604
30.6.2 Asian Herbal Medicines and Adverse Effects	604
30.6.3 Valerian and Withdrawal Symptoms	605
30.6.4 St. John's Wort and Adverse Reactions.....	605
30.6.5 Mu Tong and Nephropathy.....	607
30.6.6 Saw Palmetto and Liver Disease	607
30.6.7 Dong Quai and Hypertension.....	607
30.6.8 Kombucha Mushroom and Coagulation Disorder	608
30.6.9 Herb–Herb and Herb–Drug Interaction.....	608
30.6.10 Copper and Liver Toxicity.....	608
30.6.11 Creatine and Renal Function.....	609
30.6.12 Chromium Picolinate and Renal Failure.....	609
30.6.13 Tryptophan, 5-Hydroxytryptophan, and Eosinophilia–Myalgia Syndrome	609
30.7 Alternative Medicine and Cancer.....	610
30.8 Supplements and the Elderly—Is There a Need?.....	610
30.9 Why People Use Alternative Therapies.....	611

30.10 The Role of Physicians	611
30.11 Conclusion	612
References	614
Case Bibliography	615
Chapter 31 Gene–Nutrient Interaction—Molecular Genetics, Epigenetics, and Telomeres.....	617
31.1 Gene–Nutrient Interaction.....	617
31.1.1 Molecular Genetics	617
31.1.2 DNA Structure	617
31.1.3 Chromosomes.....	618
31.1.4 Genetic Code	618
31.1.5 Gene Structure and Function	618
31.1.6 Genetic Variations.....	620
31.1.7 Mitochondrial DNA and Inheritance	621
31.2 Effects of Nutrients on Gene Expression	622
31.3 Genetic Variation and Nutrition	622
31.4 Epigenetics.....	623
31.4.1 Effects of Environmental Factors on Gene Expression	624
31.4.2 Effect of Supplements during Pregnancy.....	624
31.4.3 Effect of Malnutrition during Pregnancy.....	625
31.4.4 Effect of Traffic Pollutants during Pregnancy	625
31.4.5 Effect of Environmental Chemicals during Pregnancy	625
31.4.6 Exposure to Environmental Chemicals and Obesity	626
31.4.7 Effect of Father’s Exposure to High-Fat Diet on Female Offspring	626
31.5 Telomere	627
31.5.1 Structure and Function.....	627
31.5.2 Length	627
31.5.3 Telomere Length and Health.....	627
31.5.4 Factors That Accelerate Telomere Attrition	629
31.5.5 Factors That Slow Telomere Attrition	629
31.6 Longevity Based on Walking Speed	633
Definitions	634
References	634
Chapter 32 Personalized Nutrition and Personalized Medicine.....	637
32.1 Personalized Nutrition.....	637
32.1.1 Single Nucleotide Polymorphism.....	638
32.1.2 Nutrigenetics and Nutrigenomics.....	638
32.1.3 Personalized Dietary Recommendations	644
32.2 Pharmacogenetics.....	645
32.2.1 Warfarin	647
32.2.2 Codeine.....	649
32.2.3 Herceptin	649
32.3 Personalized Medicine	649
32.4 Genetic Testing Benefits and Concerns.....	650
References	652
Index.....	655