

Nutrition at a Glance

Second Edition

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Contents



Acknowledgements viii

How to use your textbook ix

About the companion website xi

Part I

Nutrients including carbohydrates, fat, proteins, vitamins, minerals, and alcohol 1

- 1 Introduction to the nutrients 2
- 2 The relationship between diet, health and disease 4
- 3 Energy intake: Food sources 6
- 4 Energy: Control of food intake 8
- 5 Energy: Measurement of requirements 10
- 6 Energy requirements: Components of energy expenditure 12
- 7 Carbohydrates: Simple and complex carbohydrates 14
- 8 Carbohydrates: Digestion and utilisation in the body 16
- 9 Fats: Types of fatty acids 18
- 10 Fats: Compound lipids (triglycerides, phospholipids, cholesterol, and phytosterols) 20
- 11 Fats: Digestion and utilisation in the body 22
- 12 Proteins: Chemistry and digestion 24
- 13 Proteins: Functions and utilisation in the body 26
- 14 Proteins: Needs, sources, protein quality and complementation 28
- 15 Dietary supplements 30
- 16 Micronutrients: Fat-soluble vitamins 32
- 17 Micronutrients: Water-soluble vitamins 34
- 18 Micronutrients: Major minerals 36
- 19 Micronutrients: Trace elements 38
- 20 Micronutrients: Role in metabolism 40
- 21 Micronutrients and circulatory system I 42
- 22 Micronutrients and circulatory system II 44
- 23 Micronutrients: Protective and defence roles I 46
- 24 Micronutrients: Protective and defence roles II 48
- 25 Micronutrients: Structural role in bone I 50
- 26 Micronutrients: Structural role in bone II 52
- 27 Alcohol 54
- 28 Fetal alcohol spectrum disorder 56
- 29 Fluids in the diet 58

Part II

Nutritional epidemiology including assessments, consequences and food choices 61

- 30 Introduction to nutrition epidemiology: Study designs I 62
- 31 Introduction to nutrition epidemiology: Study designs II 64
- 32 Research ethics 66

33	Nutritional assessment methods: Anthropometric assessment	68
34	Nutritional assessment methods: Dietary assessment I	70
35	Nutritional assessment methods: Dietary assessment II	72
36	Inadequate nutritional intakes: Causes	74
37	Inadequate nutritional intakes: Consequences	76
38	Definitions of an adequate diet	78
39	Creating an adequate diet	80
40	Optimising nutrition	82
41	Excessive or unbalanced nutritional intakes	84
42	Food choice: Individual, social and cultural factors	86
43	Food choice: The food environment	88
44	Nutrition in ethnic minority groups and potential impact of religion on diet	90

Part III

Nutrition throughout the life cycle 93

45	Nutrition in pregnancy and lactation	94
46	Nutrition in infants, toddlers and preschool children	96
47	Nutrition in school-age children and adolescents	98
48	Nutritional challenges in infants, children and adolescents	100
49	Nutrition and early origins of adult disease	102
50	Nutrition in older adults	104

Part IV

The role of nutrition in key organs/systems 107

51	Nutrition and the gastrointestinal tract I	108
52	Nutrition and the gastrointestinal tract II	110
53	Nutrition and the brain I	112
54	Nutrition and the brain II	114
55	Nutrition and the eye	116

Part V

Nutrition-related diseases 119

56	Overweight and obesity: Aetiological factors	120
57	Overweight and obesity: Consequences for health and chronic disease	122
58	Overweight and obesity: Insulin resistance and metabolic syndrome	124
59	Overweight and obesity: Prevention and management	126
60	Overweight and obesity: Popular slimming diets	128
61	Underweight and negative energy balance	130
62	Nutrition and cancer I	132
63	Nutrition and cancer II	134
64	Diet and cardiovascular disease: Aetiology	136
65	Diet and cardiovascular disease: Prevention	138
66	Adverse reactions to food and inborn errors of metabolism	140

Part VI

Public health and sports nutrition 143

67	Nutritional genomics	144
68	Nutrition transition	146
69	Promoting nutritional health: A public health perspective I	148
70	Promoting nutritional health: A public health perspective II	150
71	Promoting nutritional health: The role of the dietitian	152
72	Nutrition and sport I	154
73	Nutrition and sport II	156

Part VII

Foods, phytochemicals including functional and genetically modified foods 159

- 74** Functional foods 160
- 75** Phytochemicals 162
- 76** Genetically modified foods 164
- 77** Food safety 166

Appendices 168

- Appendix A1** Structures of the fat-soluble vitamins A, D, E and K 168
- Appendix A2** Structures of the water-soluble vitamins: Thiamin, riboflavin, niacin, vitamin B₆, biotin, pantothenic acid, folic acid, vitamin B₁₂, and vitamin C 170
- Appendix A3** Structures of the major classes of phytochemicals 172

Bibliography 174

Index 177

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4 Energy: Control of food intake

Figure 1 Summary of physiological systems involved in eating

Notes

1. To investigate the neural pathways involved in eating, the following systems are involved:

- The hypothalamus, which controls the autonomic nervous system.
- The brainstem, which controls the autonomic nervous system.
- The spinal cord, which controls the autonomic nervous system.
- The peripheral nervous system, which controls the autonomic nervous system.

Control of food intake

Food intake is regulated by the hypothalamus, which controls the autonomic nervous system. The hypothalamus receives information from the stomach and the brainstem, and it sends signals to the spinal cord and the peripheral nervous system to control the autonomic nervous system.

Summary

Food intake is regulated by the hypothalamus, which controls the autonomic nervous system. The hypothalamus receives information from the stomach and the brainstem, and it sends signals to the spinal cord and the peripheral nervous system to control the autonomic nervous system.

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