

Contents

VII List of Contributors

XI Foreword

Nutrition for Health

1 Evidence-Based Approach to Inform Clinical Nutrition Practice

Chung, M. (Boston, Mass.); Lau, J. (Providence, R.I.)

7 Nutrient Adequacy

Vorster, H.H. (Potchefstroom)

13 Energy Balance and Body Composition

Schoeller, D.A. (Madison, Wis.); Thomas, D. (Montclair, N.J.)

19 Appetite: Measurement and Management

Mattes, R.D. (West Lafayette, Ind.)

24 Macronutrients: Requirements and Distribution

Mann, J. (Dunedin)

30 Water-Soluble Vitamins

Said, H.M. (Long Beach, Calif.)

38 Fat-Soluble Vitamins

Johnson, E.J.; Mohn, E.S. (Boston, Mass.)

45 Minerals and Trace Elements

Fairweather-Tait, S.J. (Norwich); Cashman, K. (Cork)

53 Vegetarian Diets

Barr, S.I. (Vancouver, B.C.)

58 Dietary Supplements

Coates, P.M.; Thomas, P.R. (Bethesda, Md.)

Nutrition for Special Circumstances

64 Nutrition in Pregnancy and Lactation

Kruger, H.S. (Potchefstroom); Butte, N.F. (Houston, Tex.)

71 Exercise and Sports

Maughan, R.J. (Loughborough); Shirreffs, S.M. (Brentford)

76 Food Allergy and Food Intolerance

Leung, J. (Boston, Mass.); Crowe, S.E. (San Diego, Calif.)

82 Religion and Culture

Vorster, H.H. (Potchefstroom)

Nutrition for Disease States

- 87 Approach to the Patient and Differential Diagnosis**
Hoffer, L.J. (Montreal, Que.); Bistrain, B.R. (Boston, Mass.)
- 94 Cardiovascular Disease**
Risérus, U. (Uppsala)
- 100 Hypertension**
McLean, R.M. (Dunedin)
- 104 Obesity**
Gibson, A.A.; Sim, K.A.; Caterson, I.D. (Sydney, N.S.W.)
- 110 Diabetes Mellitus**
Mann, J. (Dunedin)
- 116 Obesity, Diabetes and the Asian Phenotype**
Bhardwaj, S.; Misra, A. (New Delhi)
- 123 Cancer Prevention and Treatment**
Key, T. (Oxford)
- 130 Nutritional Management in HIV/AIDS Infection**
van Graan, A.E. (Potchefstroom)
- 136 Osteoporosis**
Adeel, S.; Tangpricha, V. (Atlanta, Ga.)
- 141 Nutrition Support in Gastrointestinal Disease**
Scolapio, J.S.; Smith, D.J. (Jacksonville, Fla.)
- 146 Liver Diseases**
Obert, J.; Cave, M.; Marsano, L. (Louisville, Ky.)
- 151 Neurological Disorders**
Kumar, N. (Rochester, Minn.)
- 164 Anemias due to Essential Nutrient Deficiencies**
Stabler, S.P. (Aurora, Colo.)
- 169 Anorexia Nervosa**
Marzola, E. (Turin); Kaye, W.H. (San Diego, Calif.)
- Food Policy
- 174 Global Food Policy and Sustainability**
Drewnowski, A. (Seattle, Wash.)
- 179 Undernutrition in the Developing World**
Vorster, H.H. (Potchefstroom)
- 186 The Changing Landscape of Malnutrition: Why It Matters**
Salam, R.A. (Karachi); Bhutta, Z.A. (Karachi/Toronto, Ont.)
- 193 Food Preparation, Processing, Labeling and Safety**
Hanekom, S.M. (Potchefstroom)
- 198 The Food Industry and Consumer Nutrition and Health**
Barclay, D. (Vevey); Haschke, F. (Salzburg)
- 205 Author Index**
- 206 Subject Index**