## Brief Contents

1. **What Is Nutrition?** 3  
2. **Tools for Healthy Eating** 39  
3. **Digestion, Absorption, and Transport** 75  
4. **Carbohydrates** 111  
5. **Lipids** 157  
6. **Proteins** 205  
7. **Alcohol** 247  
8. **Energy Metabolism** 281  
9. **Fat-Soluble Vitamins** 317  
10. **Water-Soluble Vitamins** 359  
11. **Water** 405  
12. **Major Minerals** 433  
13. **Trace Minerals** 469  
14. **Energy Balance and Body Composition** 507  
15. **Weight Management** 537  
16. **Nutrition and Fitness** 577  
17. **Life Cycle Nutrition: Pregnancy through Infancy** 619  
18. **Life Cycle Nutrition: Toddlers through Adolescents** 665  
19. **Life Cycle Nutrition: Older Adults** 697  
20. **Food Safety, Technology, and Sustainability** 731  
21. **Global Nutrition and Malnutrition** 779  
   A. **Metabolism Pathways and Biochemical Structures**  A-3  
   B. **Calculations and Conversions**  B-1  
   C. **U.S. Exchange Lists for Meal Planning**  C-1  
   D. **Organizations and Resources**  D-1
Contents

1 What Is Nutrition? 3
What Drives Our Food Choices? 4
Taste and Enjoyment 4
Culture and Environment 5
Social Life and Trends 5
Nutrition Knowledge 6
Advertising 6
Time, Convenience, and Cost 6
Habits and Emotions 7
What Is Nutrition? 7
Nutrients Are Essential Compounds in Food 8
Most Nutrients Are Organic 8
What Are the Primary Roles of the Six Classes of Nutrients? 12
Carbohydrates Are the Primary Energy Source 12
Lipids Also Provide Energy 13
Proteins Provide the Building Blocks for Tissue Synthesis 13
Vitamins and Minerals Play Vital Roles in Metabolism 13
Water Is Critical for Numerous Functions 14
How Can You Be Sure to Meet Your Nutritional Needs? 15
The Best Approach Is to Consume a Balanced Diet 15
Some Nutrient Needs Can Be Met with Fortified Foods or a Supplement 16
How Does Diet Influence Your Health? 16
A Healthy Diet Reduces the Risk of Chronic Disease 16
A Healthy Diet Prevents Nutrient-Deficiency Diseases 17
A Healthy Diet Can Positively Affect Gene Expression 17
How Do We Assess Nutritional Status? 18
The ABCD Method Is Used to Assess the Nutritional Status of Individuals 19
Surveys Are Used to Assess the Nutritional Status of a Population Group 21

How Healthy Is the Average American Diet? 22
The Quality of the American Diet Needs Improvement 22
Rates of Overweight and Obesity in Americans Are Too High 23
Healthy People 2020 Provides Health Objectives for Americans 23
What Is Credible Nutrition Research? 24
Sound Nutrition Research Begins with the Scientific Method 24
Scientists Use a Variety of Experiments to Test Hypotheses 26
Seek Information from Nutrition Experts 28
Beware of Quackery 28
Evaluate Nutrition News with a Critical Eye 29
Know How to Evaluate Nutrition Information on the Internet 29
Visual Chapter Summary 31

2 Tools for Healthy Eating 39
What Are the Key Principles of Healthy Eating? 40
Healthy Eating Means Balance between Food Groups 40
Healthy Eating Means Consuming a Variety of Foods 41
Healthy Eating Means Moderate Intake of All Foods 41
Healthy Eating Includes Nutrient-Dense Foods 41
Healthy Eating Includes Low-Energy-Dense Foods 42
Many Resources Are Available for Planning a Healthy Diet 43

What Are the Dietary Reference Intakes? 44
The DRIs Encompass Several Reference Values 45

FOCUS Figure 2.2 Dietary Reference Intakes 46
You Can Use the DRIs to Plan a Quality Diet 47

What Are the Dietary Guidelines for Americans? 49

What Is MyPlate? 49
MyPlate Emphasizes Changes in Diet 51

Use MyPlate to Choose Foods that Fit Your Kilocalorie Needs 53

What is the Exchange System? 55

What Information Is on the Food Label? 58
Food Labels Are Strictly Regulated by the FDA 58

The Nutrition Facts Panel Indicates Nutrient Values 59

FOCUS Figure 2.9 The Nutrition Facts Panel 60

The Percent Daily Values Help You Compare Packaged Foods 61
Label Claims Can Reveal Potential Health Benefits 62

HEALTH CONNECTION: Portion Distortion 65

Portion versus Serving Size: What’s the Difference? 65

How Have Portion Sizes Changed? 66

Health Effects of Increased Portion Size 66
Tips for Controlling Portion Size 66

Visual Chapter Summary 68

3 Digestion, Absorption, and Transport 75

What Are the Processes and Organs Involved in Digestion? 76

Digestion Begins in the Mouth 76

FOCUS Figure 3.1 The Digestive System 77

The Stomach Stores, Mixes, and Prepares Food for Digestion 78
Most Digestion Occurs in the Small Intestine 79

FOCUS Figure 3.6 Structures of the Small Intestinal Wall 80

The Large Intestine Absorbs Water and Some Nutrients 81
The Accessory Organs Secrete Digestive Juices 84

How Is Food Propelled through the GI Tract? 84

How Is Food Chemically Digested? 86

Enzymes Drive the Process of Digestion 86

Certain Secretions Are Essential for Digestion 89

How Are Digested Nutrients Absorbed? 90

There Are Four Mechanisms of Nutrient Absorption 90

Fluid Absorption Occurs in the Large Intestine 93

How Do Hormones and the Nervous System Regulate Digestion? 93

Hormones in the GI Tract Regulate Digestion 94

The Enteric Nervous System Communicates Within and Beyond the GI Tract 95

How Are Nutrients Transported throughout the Body? 96

The Cardiovascular System Distributes Nutrients through Blood 96

The Lymphatic System Distributes Some Nutrients through the Lymph 97

The Excretory System Eliminates Waste 97

HEALTH CONNECTION: What Are Some Common Digestive Disorders? 98

Esophageal Problems 98
Disorders of the Stomach 98
Gallbladder Disease 99
Celiac Disease 99
Other Intestinal Disorders 101

Visual Chapter Summary 105

4 Carbohydrates 111

What Are Carbohydrates and How Are They Classified? 112

Monosaccharides Are Single Sugar Units 113
Disaccharides Consist of Two Sugar Units 113
Oligosaccharides Have Three to Ten Sugar Units 116
Poly saccharides Consist of Many Sugar Units 117

How Do We Digest and Absorb Carbohydrates? 120

Digestion of Carbohydrates Begins in the Mouth 120
Carbohydrates Are Absorbed as Monosaccharides 120

FOCUS Figure 4.8 Carbohydrate Digestion and Absorption 121
What Functions Do Carbohydrates Perform in the Body? 122
- Carbohydrates Provide Energy 123
- Carbohydrates Spare Protein 123
- Carbohydrates Prevent Ketosis 123

How Do We Maintain Blood Glucose Levels? 124
- Insulin Regulates Glucose in the Blood 124
- Glucagon Regulates Liver Glycogenolysis 124
- Four Other Hormones Help Regulate Glucose Metabolism 124

FOCUS Figure 4.10 Hormones Regulate Blood Glucose 125
- Hypoglycemia Results When Blood Glucose Drops below Normal 126

Why Is Dietary Fiber So Important for Promoting Health? 127
- Dietary Fiber Helps Prevent Constipation and Diverticulosis 127
- Dietary Fiber Helps Prevent Cardiovascular Disease, Diabetes, and Cancer 127
- Dietary Fiber Helps Prevent Obesity 129

What Are the Recommendations for Carbohydrate Intake and the Best Food Sources? 129
- Whole Plant Foods and Dairy Products Are Good Sources of Carbohydrates 130
- Packaged Foods Can Be Good Sources of Carbohydrates 132
- Glycemic Index and Glycemic Load Can Be Used for Meal Planning 133

How Do Natural Sugars, Added Sugars, and Sugar Substitutes Differ? 134
- Foods with Natural Sugars Are Generally More Nutrient Dense 134
- Added Sugars Are Used during Food Processing 135
- Sugar Can Cause Dental Caries 136
- Sugar Substitutes Add Sweetness but Not Kilocalories 136

HEALTH CONNECTION: What Is Diabetes? 141
- Diabetes Types and Risk Factors 141
- FOCUS Figure 4.22 Diabetes 143
- Diabetes Can Result in Long-Term Damage 146
- Control Is Key 146
- Preventing Type 2 Diabetes 147

Visual Chapter Summary 148

Lipids 157

What Are Lipids and How Do They Differ in Structure? 158
- Most Lipids Are Composed of Fatty Acids 158

Triglycerides Are the Most Common Lipid 162
- Phospholipids Differ from Triglycerides 164
- Sterols Are More Complex than Triglycerides 165

FOCUS Figure 5.10 Lipid Digestion and Absorption 166
- Triglyceride Digestion Begins in the Mouth and Stomach 167
- Most Triglycerides Are Digested and Prepared for Absorption in the Small Intestine 167
- Chylomicrons Facilitate Lipid Absorption into the Lymph 167
- Lipoproteins Transport Lipids 169

FOCUS Figure 5.15 Lipoprotein Transport and Distribution 171

What Are the Functions of Lipids in the Body? 172
- Fatty Acids Are Used for Energy 172
- Dietary Fat Aids the Absorption of Lipid Compounds 173
- Triglycerides Stored in Adipose Tissue Insulate the Body and Protect Vital Organs 173
- Essential Fatty Acids Manufacture Eicosanoids and Maintain Cell Membranes 173
- Cholesterol Is Used to Make Hormones, Bile, and Vitamin D 174
- Phospholipids and Cholesterol Make Up Cell Membranes 174

FOCUS Figure 5.22 Atherosclerosis 191

What Are the Recommendations for Daily Intake of Triglycerides and Cholesterol? 175
- Dietary Fat Intake Is Based on a Percentage of Total Kilocalories 175
- Essential Fatty Acids Have Specific Recommendations 177
- Dietary Cholesterol and Phospholipids Are Not Essential 177

What Are the Best, Worst, and Alternative Food Sources for Fat? 181
- The Best Food Sources Are Low in Saturated Fat 181
- Reduce Foods That Contain Trans Fat 185
- Increase Plant Sterols and Stanols 187
- Fat Substitutes Lower Fat in Foods 188

HEALTH CONNECTION: What Is Heart Disease and What Factors Increase Risk? 190
- Heart Disease Begins with Atherosclerosis 190
- Some Risk Factors Are Not Controllable 190

FOCUS Figure 5.22 Atherosclerosis 191
Contents

6 Proteins 205

What Are Proteins? 206
The Building Blocks of Proteins Are Amino Acids 206
The Organization and Shape of Proteins Affect Their Function 208
Denaturation of Proteins Changes Their Shape 210

What Are the Key Steps in Digesting and Absorbing Protein? 211
Protein Digestion Begins in the Stomach 211
Protein Digestion Continues in the Small Intestine 211
Amino Acids Are Absorbed in the Small Intestine 211

FOCUS Figure 6.6 Protein Digestion and Absorption 212

How Are Amino Acids Metabolized? 213
Amino Acid Pools Allow Protein Synthesis on Demand 213
Protein Synthesis Is Regulated by Genes 214

FOCUS Figure 6.8 Protein Synthesis 215
Deamination Removes the Amine Group from Amino Acids 216
Nonessential Amino Acids Are Synthesized through Transamination 216
Excess Protein Is Converted to Body Fat 217

What Are the Functions of Protein in the Body? 217
Proteins Provide Structural Support and Enable Movement 218
Proteins Act as Catalysts 218
Proteins Act as Chemical Messengers 218
Proteins Help Regulate Fluid Balance 218
Proteins Help Regulate Acid-Base Balance 219
Proteins Transport Substances throughout the Body 219
Proteins Contribute to a Healthy Immune System 220
Proteins Can Provide Energy 220
Protein Improves Satiety and Appetite Control 221

7 Alcohol 247

What Is Alcohol and How Is It Made? 248
Alcohol Has Many Forms 248
Alcohol Begins with Sugar 249

Why Do People Drink Alcohol and What Is Considered a Standard Drink? 250
People Drink to Relax, Celebrate, and Socialize 250
Advertisements Encourage Alcohol Consumption 251
Moderate Drinking Is Measured in Terms of a Standard Drink 251

How Is Alcohol Absorbed, Circulated, and Metabolized in the Body? 252
Alcohol Is Absorbed in the Stomach and Small Intestine 252
Alcohol Is Metabolized in the Stomach and the Liver 252
Alcohol Circulates in the Blood 254
Gender, Genetics, and Ethnicity Affect Alcohol Metabolism 255

What Are the Short-Term Effects of Alcohol Consumption on the Body? 256
Alcohol Affects the Brain 256
Alcohol Causes Hangovers 258

How Much Protein Do You Need Daily? 221
Healthy Adults Should Be in Nitrogen Balance 221
You Can Determine Your Own Protein Needs 223

What Are the Best Food Sources of Protein? 225
Not All Protein Is Created Equal 225
Many Healthy Foods Provide Significant Protein 229
Most People Don’t Need Protein Supplements 230

What Happens If You Eat Too Much or Too Little Protein? 232
Eating Too Much Protein May Contribute to Chronic Disease 232
Eating Too Little Protein Can Lead to Protein-Energy Malnutrition 234

HEALTH CONNECTION: What Is a Vegetarian Diet? 236
Balanced Vegetarian Diets Confer Health Benefits 236
A Healthy Vegetarian Diet Requires Planning 237

Visual Chapter Summary 198

6

Some Risk Factors Are Controllable 192
Modify Your Diet to Lower Your Risk of Heart Disease 192
Exercise, Manage Your Weight, and Quit Smoking 195

Visual Chapter Summary 198

7
What Are the Effects of Chronic Excessive Alcohol Consumption on the Body?  259

Alcohol Can Interfere with Digestion, Absorption, and Nutrition  260
Alcohol Can Cause Liver Disease  263
Alcohol and Depression  264
Alcohol and Cardiovascular Disease  265
Alcohol Contributes to Cancer Risk  268
Alcohol Can Put a Pregnancy at Risk  268

HEALTHCONNECTION: What Is Alcohol Use Disorder (AUD)?  269
Alcohol Use Disorder Can Be Treated But Not Cured  271

Visual Chapter Summary  273

8
Energy Metabolism  281

What Is Metabolism?  282
Metabolism Is a Series of Chemical Reactions  282
Metabolism Takes Place within Cells  283
The Liver Plays a Central Role in Metabolism  284
Enzymes and Hormones Regulate Metabolism  284

How Does ATP Fuel Metabolism?  285
Adenosine Triphosphate Is the Cell’s Energy Source  285
ATP Can Be Regenerated from ADP and Creatine Phosphate  286

How Do the Macronutrients Provide ATP?  287
Glycolysis Transforms Glucose to Pyruvate  287
Amino Acids and Glycerol Can Yield Pyruvate  290
Pyruvate Is Transformed into Acetyl CoA  293
Fatty Acids Can Be Converted to Acetyl CoA  294
Amino Acids Can Be Converted to Acetyl CoA  295
The Tricarboxylic Acid (TCA) Cycle Releases High-Energy Electrons  295
The Electron Transport Chain and Oxidative Phosphorylation Produce the Majority of ATP  296

How Does Metabolism Change during the Absorptive and Postabsorptive States?  300
During the Absorptive State, Metabolism Favors Energy Storage  300

FOCUS Figure 8.15 Metabolism during the Absorptive State  301

9
Fat-Soluble Vitamins  317

What Are Vitamins?  318
Vitamins Were Discovered about 100 Years Ago  318
There Are Criteria for Classifying Vitamins  319
All Vitamins Are Organic, but Differ in Structure and Function  319
Overconsumption of Some Vitamins Can Be Toxic  320

How Do Vitamins Differ in Their Absorption and Storage?  320
Vitamins Differ in Bioavailability  320
Fat-Soluble Vitamins Are Stored after They Are Absorbed  321
Water-Soluble Vitamins Are Not Stored after Absorption  321

What Are Antioxidants?  322

What’s the Best Source of Vitamins?  324
Vitamins Can Be Destroyed during Cooking or Storage  325
Some Foods Are Fortified with Vitamins  326

EXPLORING Vitamin A  328
What Is Vitamin A?  328
Vitamin A Absorption and Transport  330
Metabolic Functions of Vitamin A  330

FOCUS Figure 9.7 Retinal and Its Role in Vision  331
Daily Needs for Vitamin A  332
Food Sources of Vitamin A  333
Vitamin A Toxicity  334
Vitamin A Deficiency  334
10 Water-Soluble Vitamins 359

What Are Water-Soluble Vitamins? 360
Properties of Water-Soluble Vitamins 360
The Primary Functions of Water-Soluble Vitamins 361

EXPLORING Thiamin (Vitamin B1) 364
What Is Thiamin (B1)? 364
Metabolic Functions of Thiamin 365
Daily Needs for Thiamin 365
Food Sources of Thiamin 365
Thiamin Toxicity and Deficiency 365

EXPLORING Riboflavin (Vitamin B2) 366
What Is Riboflavin (B2)? 366
Metabolic Functions of Riboflavin 367
Daily Needs for Riboflavin 368
Food Sources of Riboflavin 368
Riboflavin Toxicity and Deficiency 368

EXPLORING Niacin (Vitamin B3) 369
What Is Niacin (B3)? 369
Metabolic Functions of Niacin 370
Daily Needs for Niacin 370
Food Sources of Niacin 371

Niacin Toxicity and Deficiency 371

EXPLORING Pantothenic Acid 373
What Is Pantothenic Acid? 373
Metabolic Functions of Pantothenic Acid 373
Daily Needs for Pantothenic Acid 373
Food Sources of Pantothenic Acid 373
Pantothenic Acid Toxicity and Deficiency 374

EXPLORING Biotin 374
What Is Biotin? 374
Metabolic Functions of Biotin 374
Daily Needs for Biotin 375
Food Sources of Biotin 375
Biotin Toxicity and Deficiency 375

EXPLORING Vitamin B6 376
What Is Vitamin B6? 376
Metabolic Functions of Vitamin B6 376
Vitamin B6 and Amino Acid Metabolism 376
Daily Needs for Vitamin B6 377
Food Sources of Vitamin B6 377
Vitamin B6 Toxicity and Deficiency 378

EXPLORING Folate 378
What Is Folate? 378
Metabolic Functions of Folate 379
Daily Needs for Folate 380
Food Sources of Folate 380
Folate Toxicity and Deficiency 381

EXPLORING Vitamin B12 382
What Is Vitamin B12? 382
Metabolic Functions of Vitamin B12 382
Daily Needs for Vitamin B12 383
Food Sources of Vitamin B12 384
Vitamin B12 Toxicity and Deficiency 385

EXPLORING Vitamin C 387
What Is Vitamin C? 387
Metabolic Functions of Vitamin C 387
Daily Needs for Vitamin C 388
Food Sources of Vitamin C 388
Vitamin C Toxicity and Deficiency 389

What Are Other Vitamin-Like Compounds? 391
Choline Helps Protect the Liver 391
Carnitine, Lipoic Acid, and Inositol Are Needed for Overall Health 392

HEALTHCONNECTION: Do Antioxidant Nutrients and Phytochemicals Reduce the Risk of Cancer? 392
Carcinogenesis: The Cancer Process 393
Physical Activity, Obesity, and Cancer Risk 393
The Role of Diet in Cancer Risk and Progression 394
Visual Chapter Summary 397

Contents ix
11 Water 405

Why Is Water Essential to Life? 406
Water is a Universal Solvent and Transport Medium 407
Water Helps Maintain Body Temperature 407
Water Is a Lubricant and a Protective Cushion and Provides Structure to Muscle Cells 408
Water Participates in Hydrolysis and Condensation Reactions 408
Water Plays a Role in Acid–Base Balance 409

How Is Water Balance Maintained? 409
Sources of Body Water Include Beverages and Food 410
Water Is Excreted through the Kidneys, Large Intestine, Lungs, and Skin 410
Body Water Is Balanced between Fluid Compartments 411
Electrolytes Participate in Fluid Balance 411
Proteins Help Regulate Fluid Balance 413

How Do Water and Sodium Affect Blood Pressure? 414
ADH Helps Stimulate Fluid Intake and Reduce Urine Output 414
Renin Helps the Body Reabsorb Water and Salts 414
Aldosterone Stimulates Sodium Reabsorption 414

How Much Water Do You Need and What Are the Best Sources? 416
Do Diuretics Like Caffeine and Alcohol Affect Fluid Balance? 420
Caffeine Does Not Cause Significant Loss of Body Water 420
Alcohol Can Be Dehydrating 420
Diuretic Medications Can Help Treat Hypertension 420

HEALTH CONNECTION: What Are the Effects of Too Much or Too Little Water? 421
Consuming Too Much Water Can Cause Hyponatremia 421
Consuming Too Little Water Can Cause Dehydration 421

FOCUS Figure 11.11 Fluid Balance during Exercise 422
Monitor Water Intake to Avoid Overhydration and Dehydration 424

Visual Chapter Summary 426

12 Major Minerals 433

What Are Minerals? 434
Minerals Are Inorganic Elements 434
Minerals Vary in Their Bioavailability 434
Minerals Serve Numerous Functions 436
Minerals Can Be Toxic 436

EXPLORING Sodium 438
What Is Sodium? 438
Absorption, Transport, and Excretion of Sodium 438
Metabolic Functions of Sodium 438
Daily Needs for Sodium 439
Food Sources of Sodium 440
Sodium Excess 440
Sodium Deficiency 442

EXPLORING Chloride 442
What Is Chloride? 442
Metabolic Functions of Chloride 442
Daily Needs for Chloride 443
Food Sources of Chloride 443
Chloride Toxicity and Deficiency 443

EXPLORING Potassium 443
What Is Potassium? 443
Potassium Balance in the Body 443
Metabolic Functions of Potassium 443
Daily Needs for Potassium 444
Food Sources of Potassium 444
Potassium Toxicity and Deficiency 444

EXPLORING Calcium 446
What Is Calcium? 446
Bioavailability and Absorption of Calcium 446
Hormones Regulate Calcium Balance 446
Metabolic Functions of Calcium 446

FOCUS Figure 12.11 Hormones Maintain Calcium Homeostasis 447
Daily Needs for Calcium 448
Food Sources of Calcium 448
Calcium Toxicity and Deficiency 449
Calcium Supplements 449

EXPLORING Phosphorus 450
What Is Phosphorus? 450
Metabolic Functions of Phosphorus 451
Daily Needs for Phosphorus 451
Food Sources of Phosphorus 451
Phosphorus Toxicity and Deficiency 452

EXPLORING Magnesium 452
13
Trace Minerals 469

What Are Trace Minerals and Why Do You Need Them? 470
- Bioavailability of Trace Minerals Can Vary 470
- Most Trace Minerals Function as Cofactors 470
- Trace Mineral Deficiencies and Toxicities Are Hard to Identify 472

Exploring Iron 472
- What Is Iron? 472
- Iron Bioavailability 473
- Iron Absorption and Transport 473
- Metabolic Functions of Iron 474
- Daily Needs for Iron 475
- Food Sources of Iron 476
- Iron Toxicity 476
- Iron Deficiency 477

Exploring Copper 479
- What Is Copper? 479
- Copper Absorption and Transport 479
- Metabolic Functions of Copper 479
- Daily Needs for Copper 480
- Food Sources of Copper 480
- Copper Toxicity and Deficiency 480

Exploring Zinc 481
- What Is Zinc? 481
- Zinc Absorption, Transport, and Recycling 481
- Metabolic Functions of Zinc 481
- Daily Needs for Zinc 482
- Food Sources of Zinc 482
- Zinc Toxicity and Deficiency 483

Exploring Selenium 484
- What Is Selenium? 484
- Metabolic Functions of Selenium 484
- Daily Needs for Selenium 484
- Food Sources of Selenium 484
- Selenium Toxicity and Deficiency 485

Exploring Fluoride 486
- What Is Fluoride? 486
- Metabolic Functions of Fluoride 486
- Daily Needs for Fluoride 486
- Food Sources of Fluoride 486
- Fluoride Toxicity and Deficiency 487

Exploring Chromium 488
- What Is Chromium? 488
- Metabolic Functions of Chromium 488
- Daily Needs for Chromium 488
- Food Sources of Chromium 488
- Chromium Toxicity and Deficiency 488

Exploring Iodine 489
- What Is Iodine? 489
- Metabolic Functions of Iodine 490
- Daily Needs for Iodine 490
- Food Sources of Iodine 490
- Iodine Toxicity and Deficiency 491

Exploring Molybdenum 492
- What Is Molybdenum? 492
- Metabolic Functions of Molybdenum 492
- Daily Needs for Molybdenum 492
- Food Sources of Molybdenum 492
- Molybdenum Toxicity and Deficiency 492

Exploring Manganese 492
- What Is Manganese? 492
- Metabolic Functions of Manganese 492
- Daily Needs for Manganese 492
- Food Sources of Manganese 493
- Manganese Toxicity and Deficiency 493

Are Any Other Minerals Important to Health? 494

Health Connection: What Are Nutrient-Deficiency Anemias? 495
- In Microcytic Anemia, Red Blood Cells Are Smaller than Normal 495
- In Macrocytic Anemia, Red Blood Cells Are Larger than Normal 496

Visual Chapter Summary 498
14 Energy Balance and Body Composition 507

What Is Energy Balance and Why Is It Important? 508
- An Energy Imbalance Results in Weight Gain or Loss 508
- Food and Beverages Provide Energy 508

**FOCUS Figure 14.1** The Concept of Energy Balance 509
- Body Processes and Physical Activity Result in Energy Out 511

How Is Total Daily Energy Expenditure Calculated? 511
- Basal Metabolism Contributes to TDEE 511
- The Thermic Effect of Food Contributes to TDEE 512
- The Thermic Effect of Exercise Contributes to TDEE 513

How Do We Measure Energy Expenditure? 517
- Direct and Indirect Calorimetry Measure Energy Expenditure 517
- Simple Calculations Are Used to Estimate Energy Expenditure 518

What Is Body Composition and How Is It Assessed? 519
- Most Body Fat Is Stored in Adipose Tissue 519
- Body Fat Level and Distribution Affect Health 520
- Body Composition Is Assessed Indirectly 521

How Do We Estimate a Healthy Body Weight? 523
- Height and Weight Tables Are Problematic 524
- Body Mass Index Is a Useful Indicator of Healthy Weight for Most People 524

**HEALTH CONNECTION:** What Is Disordered Eating? 527
- Eating Disorders Occur in Both Women and Men 527
- Anorexia Nervosa Involves Severe Kilocalorie Restriction 528
- Bulimia Nervosa Involves Cycles of Binge Eating and Purging 529
- Binge Eating Disorder Involves Compulsive Overeating 529
- Other Disordered Eating Behaviors Can Be Harmful 529
- Different Eating Disorders Share Some Common Traits 530
- Eating Disorders Can Be Treated 531

Visual Chapter Summary 532

15 Weight Management 537

**Why Is Weight Management Important?** 538
- Being Overweight or Obese Increases Health Risks 538
- Being Underweight Also Increases Health Risks 539
- Overweight and Underweight Have Social and Psychological Risks 539

How Is Food Intake Regulated? 540
- Appetite Often Triggers Eating for Unnecessary Reasons 540
- Hunger and Satiation Affect the Desire to Eat and Stop Eating 541

**FOCUS Figure 15.1** The Brain Controls Hunger and Satiation 542

How Do Fat Cells Form and Expand? 543
- The Number of Fat Cells in the Body Never Decreases 543
- Fat Cells Can Grow and Shrink 544

How Do Genetics and Environment Influence Obesity and Weight Management? 544
- Nutrigenomics and Epigenetics May Influence Body Weight 546
- Gene Theories May Help Explain Weight Variations 546
- Environmental Factors Can Increase Appetite and Decrease Physical Activity 547

How Can You Lose Weight Healthfully? 551
- Avoid Fad Diets 552
- Strive for a Reasonable Rate of Weight Loss 552
- Remember That Kilocalories Count 553
- Eat More Vegetables, Fruits, and Fiber 553
- Add Some Protein and Fat to Meals 555
- Increase Physical Activity 555
- Modify Your Eating Behaviors 560

How Can Weight Loss Be Maintained? 563
- Diet and Exercise Can Aid in Maintaining Weight Loss 563
- Self-Weighing Is a Positive Strategy to Maintain Weight Loss 564

**HEALTH CONNECTION:** What Are the Medical Interventions for Severe Obesity? 565

What Is the Healthiest Way to Gain Weight? 564
16
Nutrition and Fitness 577

What Is Physical Fitness and Why Is It Important? 578
- Physical Fitness Has Five Components 578
- Physical Fitness Provides Numerous Health Benefits 579

What Does a Successful Physical Fitness Program Look Like? 580
- Cardiorespiratory Exercise Improves Cardiorespiratory Endurance and Body Composition 580
- Strength Training Improves Muscle Strength, Muscle Endurance, and Body Composition 582
- Stretching Improves Flexibility 582
- The FITT Principle Can Be Used to Design a Fitness Program 582
- High-Intensity Interval Training Is More Time-Efficient 584
- Progressive Overload Can Help Improve Fitness over Time 585

How Are Carbohydrate, Fat, and Protein Used During Exercise? 586
- Anaerobic Energy Production Fuels Quick, Intense Exercise 586
- Aerobic Energy Production Fuels Sustained Exercise 587
- Carbohydrate Is the Primary Energy Source During High-Intensity Exercise 588
- Fat Is the Primary Energy Source during Low- to Moderate-Intensity Exercise 592

FOCUS Figure 16.15 The Energy Sources That Fuel Our Activities 594
- Protein Is Primarily Used to Build and Repair Muscle 595

How Do the Timing and Composition of Meals Affect Physical Activity? 596
- Food Intake Should Be Timed Appropriately 596
- Carbohydrate and Protein Are Optimal Before Exercise 597
- Simple Carbohydrates Are Beneficial During Exercise 598
- Consume Carbohydrate and Protein Shortly After Exercise 598

What Vitamins and Minerals Are Important for Fitness? 599
- Some Vitamins and Minerals Contribute to the Processes of Energy Metabolism 599
- Antioxidants Can Help Protect Cells from Damage Caused by Exercise 599
- Highly Active People Are at Increased Risk for Iron and Calcium Deficiencies 601
- Vitamin and Mineral Supplements Are Generally Not Necessary 602

How Does Exercise Influence Fluid Needs? 604
- Exercise Affects Fluid and Electrolyte Balance and Regulation of Body Temperature 604
- Fluids Are Needed Before, During, and After Exercise 605
- Some Beverages Are Better than Others 605
- Consuming Too Little or Too Much Fluid Can Be Harmful 607

HEALTH CONNECTION: Can Ergogenic Aids Contribute to Exercise Performance and Fitness? 609
- Creatine Monohydrate Improves Muscle Strength, Muscle Mass, and Anaerobic Metabolism during Some Activities 609
- Caffeine Improves Perception and Aerobic Metabolism 609
- Bicarbonate Loading May Improve Anaerobic Metabolism during Exercise 610
- Amino Acid Supplementation Shows Some Benefit 610
- Sports Bars and Shakes May Provide Some Nutritional Benefits 610

Visual Chapter Summary 612

17
Life Cycle Nutrition: Pregnancy through Infancy 619

What Are the Key Events of Prenatal Development? 620
What Health Behaviors Are Most Important for a Successful Pregnancy? 623
- Prospective Fathers Should Practice Healthy Habits 624
- Women Should Practice Healthy Habits Before and During Pregnancy 624
- Effective Management of Chronic Disease Is Essential Before a Woman Conceives 627

Visual Chapter Summary 612

Contents xiii
Contents

What Nutrients and Health Behaviors Are Important in the First Trimester? 628

Adequate Weight Gain Reduces the Risk of Complications 628
Adequate Micronutrient Intake Is a Concern throughout Pregnancy 629
Morning Sickness and Cravings Are Common 632
Food Safety Is a Concern 633

What Nutrients and Health Behaviors Are Important in the Second and Third Trimesters? 635

Adequate Kilocalories, Carbohydrate, and Protein Are Critical 635
Experts Recommend Exercise 636
Heartburn and Constipation Are Common Discomforts 636
Gestational Diabetes and Hypertension Are Potential Complications 637

What Special Situations Do Younger, Older, or Low-Income Mothers-to-Be Face? 638

Adolescent Mothers Face Nutritional Challenges 639
Older Mothers May Have Special Concerns 639
Low-Income Mothers May Need Food Assistance 639

What Are the Benefits and Dietary Requirements of Breastfeeding? 640

Breastfeeding Provides Nutritional and Health Benefits for Infants 641
Breastfeeding Provides Physical, Emotional, and Financial Benefits for Mothers 643
Breastfeeding Is Recommended by Experts 644
Breastfeeding Mothers Have Special Dietary Needs 644
Breastfeeding Mothers Should Limit or Entirely Avoid Certain Substances 644

Why Is Formula a Healthy Alternative to Breast Milk? 646

Some Women Are Not Able to Breastfeed 646
Infant Formula Is Patterned After Breast Milk 647

What Are an Infant’s Nutrient Needs and Why Are They So High? 648

Infants Grow at an Accelerated Rate 648
Infants Have Specific Energy, Iron, and Other Nutrient Needs 649

When Are Solid Foods Safe to Introduce to Infants? 650

Solid Foods May Be Introduced Once Certain Milestones Are Met 650
Solid Foods Should Be Introduced Gradually 651
Some Foods Are Not Appropriate for Infants 651

HEALTH CONNECTION: What Causes Food Allergies? 652
Food Allergies Are Immune System Reactions 652
Eight Foods Are Highly Allergenic 653

Visual Chapter Summary 655

18

Life Cycle Nutrition: Toddlers through Adolescents 665

What Are the Nutritional Needs of Toddlers and Preschoolers? 666

Young Children Need Frequent, Small, Nutrient-Dense Meals and Snacks 666
Young Children Need Adequate Carbohydrate, Fat, and Protein 668
Young Children Need Adequate Iron, Calcium, and Vitamin D 668
Young Children Need Adequate Fluid 670
Young Children Can Grow Healthfully on Vegetarian Diets 670
Added Sugars Should Be Limited in Young Children’s Diets 671

How Can Adults Influence Young Children’s Food Preferences? 671

What Factors Affect School-Age Children’s Nutrition? 673

MyPlate Can Help Guide Food Choices 673
School Lunches Contribute to Children’s Nutritional Status 675
Breakfast Is Important 676
Most Children Need to Eat More Fruits and Vegetables 677
Food Allergies Remain a Concern 677
Poverty Influences Children’s Nutritional Status 678

Why Are School-Age Children Experiencing High Rates of Obesity? 678

About 17 Percent of U.S. School-Age Children Are Obese 678
Multiple Factors Contribute to Childhood Obesity 679

What Are the Nutritional Needs of Adolescents? 682

Adolescents Need Calcium and Vitamin D for Bone Development 682
Adolescents Need Iron for Muscle Growth and Blood Volume 683

What Nutritional Issues Affect Adolescents? 684

Social Factors Can Influence Teens’ Health Habits 684
Diet May Play a Modest Role in Adolescent Acne 684
Adolescents Are at Risk for Disordered Eating 685

HEALTH CONNECTION: What Are the Health Effects of Childhood Obesity? 687
Obese Children Are at Increased Risk for Type 2 Diabetes 687
Other Risks Are Associated with Childhood Obesity 687
Early Assessment and Treatment Can Help Address Childhood Obesity 687

Visual Chapter Summary 689

19 Life Cycle Nutrition: Older Adults 697

What Are the Demographics of Aging in America? 698
America’s Population Is Getting Older and More Diverse 698
Improved Health Care Is Increasing Lifespan 699
Poor Lifestyle Choices Contribute to the Leading Causes of Death in Older Adults 699

What Changes Occur as Part of the Aging Process? 700
Muscle and Bone Mass Decline 701
Immune Function Decreases 701
Sensory Abilities Decline 701
Gastrointestinal Functions Change 702
Brain Function Changes 702

What Are the Nutrient Needs of Older Adults? 703
Older Adults Have Lower Energy Needs 704
Older Adults Need Ample Protein 705
Carbohydrates Should Be Nutrient Dense and High in Fiber 707
The AMDR for Fat Does Not Change with Age 707
Older Adults Need to Stay Hydrated 707
Older Adults Need the Right Amounts of Vitamins A, D, and B12 707
Older Adults Need the Right Amounts of Iron, Zinc, Calcium, and Sodium 708
Older Adults May Benefit from Vitamin and Mineral Supplements 709
Older Adults Should Eat Right for Good Health and Disease Prevention 710

What Nutrition-Related Health Concerns Affect Older Adults? 711
Medications, Foods, and Supplements Can Interact in Harmful Ways 711
Decreased Mobility Affects Many Older Adults 712
Eye Disease Is a Concern for Many Older Adults 714
Alzheimer’s Disease Is a Progressive, Irreversible Form of Dementia 714

What Socioeconomic and Psychological Issues Affect the Nutrition of Older Adults? 715
Food Insecurity Has Nutritional Impacts 715
Community Resources Exist for Older Adults 717
Depression and Alcohol Abuse Can Affect Nutritional Health 717

HEALTH CONNECTION: Why Are Older Adults at Increased Risk for Hypertension? 718
Hypertension Develops Over Time 718
Some Risk Factors for Hypertension Are Not Controllable 719
Many Risk Factors for Hypertension Are Within Your Control 719
Alcohol Consumption and Smoking 720
Body Weight 720
Physical Activity 720

Visual Chapter Summary 723

20 Food Safety, Technology, and Sustainability 731

What Causes Foodborne Illness? 732
Pathogens and Their Toxins Cause Most Foodborne Illness 732
Some Illnesses Are Caused by Natural Toxins 737
Chemical Agents Sometimes Cause Foodborne Illness 738
Some People Are at Higher Risk for Foodborne Illness 739

What Strategies Can Prevent Foodborne Illness? 739
Practice Food Safety at Home 741
Practice Food Safety While Traveling 746

How Is the Food Supply Protected? 747
Several Government Agencies and Programs Protect the Food Supply 748

Contents XV
Contents

Food Manufacturers Use Preservation Techniques to Destroy Contaminants 749
Product Dating Identifies Peak Quality 751
The Safety of the Water Supply Is Regulated 751

What Role Do Food Additives and Other Chemicals Play in Food Production and Safety? 752

- Some Additives Are Used to Preserve Foods 752
- Some Additives Enhance Food Quality and Appeal 753
- Hormones and Antibiotics Are Provided to Food-Producing Animals 755
- Pesticides Are Widely Used in Agriculture 757
- Organic Foods Meet USDA National Organic Standards 759

What Is a Sustainable Food System? 761

- Preserving Internal Natural Resources Is the First Step toward Sustainability 762
- Locally Grown Food Requires Fewer External Natural Resources 764

Health Connection: Is Genetically Engineered Food Safe? 766

- Genetic Engineering Is the Latest Form of Biotechnology 766
- Proponents Believe GMOs Can Increase the World’s Food Supply 766
- Some Consumers and Environmentalists Have Concerns about GMOs 768
- GE Foods Are Highly Regulated in the United States 768

Visual Chapter Summary 770

21

Global Nutrition and Malnutrition 779

What Factors Contribute to Malnutrition in the United States? 780

- Food Insecurity in the United States Is Significant 780
- Food Insecurity Is More Likely Among Certain Population Groups 781
- Poverty Contributes to Food Insecurity 782
- Illness and Disability Can Lead to Food Insecurity 783

What Factors Contribute to Malnutrition around the World? 784

- Discrimination Contributes to Malnutrition 784
- Political Sanctions and Armed Conflicts Disrupt the Food Supply 785
- Agricultural Challenges and Food Waste Limit the Food Supply 785
- Climate Change, Natural Disasters, and Depleted Resources Limit Food Production 786

Overpopulation Leads to Food Scarcity 786
The Nutrition Transition Can Contribute to Malnutrition 787

Which Populations Are at Greatest Risk for Malnutrition Worldwide? 788

- Pregnant and Lactating Women Are at Increased Risk for Malnutrition 788
- Infants and Children Are Highly Susceptible to Malnutrition 788
- The Ill and the Elderly Are Also at High Risk for Malnutrition 789
- People Living in Poverty Have Unique Risk Factors for Overnutrition 789

How Can We Reduce Hunger? 790

- Improve Agriculture 791
- Improve Water and Sanitation 792
- Fortify Foods to Raise Nutrient Levels 793
- Promote Education 793
- Assistance Programs Are Working to End Hunger Around the World 793

Health Connection: What Are the Effects of Chronic Undernutrition? 794

- Children Suffer Impaired Growth and Development 794
- Weakened Immunity Results in Disease 795

Visual Chapter Summary 796

Appendices

Appendix A
Metabolism Pathways and Biochemical Structures A-3

Appendix B
Calculations and Conversions B-1

Appendix C
U.S. Exchange Lists for Meal Planning C-1

Appendix D
Organizations and Resources D-1

Glossary G-1
Index I-1
Credits CR-1
FOCUS FIGURE

Focus Figure 2.2 Dietary Reference Intakes 46
Focus Figure 2.9 The Nutrition Facts Panel 60
Focus Figure 3.1 The Digestive System 77
Focus Figure 3.6 Structures of the Small Intestinal Wall 80
Focus Figure 4.8 Carbohydrate Digestion and Absorption 121
Focus Figure 4.10 Hormones Regulate Blood Glucose 125
Focus Figure 4.22 Diabetes 143
Focus Figure 5.10 Lipid Digestion and Absorption 166
Focus Figure 5.15 Lipoprotein Transport and Distribution 171
Focus Figure 5.22 Atherosclerosis 191
Focus Figure 6.6 Protein Digestion and Absorption 212
Focus Figure 6.8 Protein Synthesis 215
Focus Figure 8.15 Metabolism during the Absorptive State 301
Focus Figure 8.16 Metabolism during the Postabsorptive State 303
Focus Figure 9.7 Retinal and Its Role in Vision 331
Focus Figure 11.11 Fluid Balance during Exercise 422
Focus Figure 12.11 Hormones Maintain Calcium Homeostasis 447
Focus Figure 14.1 The Concept of Energy Balance 509
Focus Figure 15.1 The Brain Controls Hunger and Satiation 542
Focus Figure 16.5 The Energy Sources That Fuel Our Activities 594

HEALTH CONNECTION

How Can You Find and Recognize Credible Nutrition Information? 28
Portion Distortion 65
What Are Some Common Digestive Disorders? 98
What Is Diabetes? 141
What Is Heart Disease and What Factors Increase Risk? 190
What Is a Vegetarian Diet? 236
What Is Alcohol Use Disorder (AUD)? 269

What Are Genetic Disorders of Metabolism? 308
Are Vitamin Supplements Necessary for Good Health? 348
Do Antioxidant Nutrients and Phytochemicals Reduce the Risk of Cancer? 392
What Are the Effects of Too Much or Too Little Water? 421
What Is Osteoporosis? 455
What Are Nutrient-Deficiency Anemias? 495
What Is Disordered Eating? 527
What Are the Medical Interventions for Severe Obesity? 565
Can Ergogenic Aids Contribute to Exercise Performance and Fitness? 609
What Causes Food Allergies? 652
What Are the Health Effects of Childhood Obesity? 687
Why Are Older Adults at Increased Risk for Hypertension? 718
Is Genetically Engineered Food Safe? 766
What Are the Effects of Chronic Undernutrition? 794

Calculation Corner

Calculating Kilocalories in a Snack of Chips and Soda 11
Calculating AMDR 48
Daily Carbohydrate Intake 129
Calculating the AMDR for Fat 175
Nitrogen Balance 221
Protein Requirements 224
Amino Acid Score 226
PDCAAS 226
Estimate Blood Alcohol Concentration 255
Converting International Units for Vitamin A 333
SPOTLIGHT

Dietary Guidelines for Americans, 2015-2020 50
What Is Lactose Intolerance? 115
The Mediterranean Diet: What Do People Living in the Mediterranean Do Differently? 179
Protein Supplements 231
Carbohydrate Loading 591
Relative Energy Deficiency in Sport (RED-S) 603
Breastfeeding at Work Can Work 645
The Lowdown on Listeria 740
Farmers Markets 765
Hunger among Us (and How You Can Help!) 791

TABLE TIPS

Tips for an Adequate, Balanced, Varied, and Moderate Diet 41
Improve Your Digestion 97
Improving Lactose Tolerance 116
Increasing Daily Fiber Intake 129
Ways to Enjoy Whole Grains 132
Subtracting Added Sugars 136
Easy Ways to Add Fish to the Diet 194
Nuts about Nuts? 195
Eating for a Healthy Heart 195
Moderate Your Drinking 271
Important Advice for Maintaining Energy Levels 300
Preserve Your Vitamins! 326
Score an A 335
Ways to Get Vitamin D 339
Enjoying Your Es 343
Getting Your Ks 347
Thrive with Thiamin 365
Raise Your Riboflavin 368
Need More Niacin? 371
A Plethora of Pantothenic Acid 374
Boundless Biotin 375
Boost Vitamin B₃ 377
Fulfill Folate Needs 381
Bolster Vitamin B₁₂ 384
Juicy Ways to Get Vitamin C 388
Bottoms Up 419
Shake the Salt Habit 442
Potassium Pointers 445
Calcium Counts 449
Balance Phosphorus with Calcium 452
More Magnesium 453
Increase Your Iron Intake 476
Counting Copper 480
Rethink Your Zinc 483
Seek Selenium 485
Find More Fluoride 487
Cram in the Chromium 489
Increase Your Iodine 490
Managing Manganese 493
Eat More to Weigh Less 555
Adopt Some Healthy Habits 561
340 Snacks 635
Going from 340 to 450 636
Prepare Tasty Treats for Toddlers 668
Create Kid-Friendly, Iron-Rich Foods 670
Tips for Packing School Lunches 676
Breakfast on the Go 677
Healthy Eating for Older Adults 710
Avoid Toxins and Chemical Agents in Seafood 738
Wash Your Hands! 741
Avoiding Foodborne Illness While Traveling 746

FITNESS TIPS

Increase Your NEAT 516
Achieve Energy Balance 519
Get UP and MOVE 557
Get Moving! 584
Exercising while Pregnant 637

Special Features xix
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In addition to teaching and writing, Joan has a private practice specializing in weight management and lifestyle changes. Joan is often asked to translate complex nutritional issues in popular terms in the media. She has conducted over 1,000 media interviews and is a contributor of nutrition articles in a variety of news outlets. Joan was an AND National Media Spokesperson for nine years.

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Prior to beginning her faculty appointment at Drexel University, Stella was on the faculty of the University of Pennsylvania, and previous to that, she was on the faculty at the University of Massachusetts, Amherst. Stella is both a Certified Clinical Exercise Physiologist (American College of Sports Medicine [ACSM]), and a Registered Dietitian Nutritionist. She is a Fellow of the ACSM. Stella is a competitive athlete in field hockey, rowing, ice hockey. She enjoys being active with her husband and their German Shepherd dogs, Sasha and Bear.
Preface

Why We Wrote Nutrition: From Science to You

We wrote Nutrition: From Science to You to provide you with a solid foundation about nutrition and how it affects you and your nutritional needs, concerns, and questions.

Between the three of us, we have more than 60 years of experience teaching college-level nutrition. We’ve conducted and published research, studied the literature, and listened to and watched our students learn the science. We’ve taken copious notes regarding students’ questions, interests, concerns, and misunderstandings, both in and outside the classroom. These years of experience have culminated in a textbook that we believe translates the latest nutrition science into a readable format to provide you with information that you can easily incorporate into your life and the lives of others.

As a college student, you are exposed to a steady stream of nutrition and health information from the media, your family and friends, and the Internet. Although you may think Google has the answer to your nutrition questions, we have seen students frequently fall victim to misinformation found on the Web. We designed Nutrition: From Science to You to be as user friendly as possible, and packed exclusively with sound nutrition information. The text goes beyond basic nutrition science and provides realistic advice and strategies to help you apply what you learn in your own life. The text is written to meet your nutritional concerns and answer your questions.

Remember, nutrition matters to you! What you eat today and tomorrow will affect you and your body for years to come. Just as important, what you learn about nutrition today will enable you to make a positive effect on the lives of others from now on.

New to This Edition

• The 2015 Dietary Guidelines of America and Nutrition Facts Panel are fully integrated into the fourth edition.

• Focus Figure Video Walkthroughs narrated by author Joan Salge Blake provide a video tour of the full-page Focus Figure, where each part is broken down and further explained by Joan Salge Blake, just as she would do in the classroom. Students can access these videos in—and instructors can assign them from—Mastering Nutrition.

• Inter-professional Nutrition in Practice case studies encourage critical thinking and emphasize the applicability of the content to your own life and future career. Some case studies draw upon Joan Salge Blake’s experience as a dietitian working with actual clients, while others have been created with a new focus for those students interested in pursuing other allied health professions such as nursing, physical therapy, etc.

• New and expanded topics such as: prediabetes, non-celiac gluten sensitivity, FODMAP diet, FITT and high intensity interval training, prebiotics and synbiotics, and more. In addition, Chapter 8, including metabolism and energy metabolism pathways, has been significantly restructured for clarity.
Other Key Features

- **Learning Outcomes** are used to structure the chapter: each main heading is accompanied by its own learning outcome; The Take-Home Message at the end of each main section repeats the learning outcome number before a brief summation of the key points; and the Visual Chapter Summary is organized by learning outcome number and contains key images and concepts. This strong pedagogical structure throughout the chapter promotes comprehension and facilitates study and review.

- **Health Connections** appear in each chapter directly before the Visual Chapter Summary. These sections, which are tied to learning outcomes, highlight diseases and disorders in which nutrition plays a major role, as well as nutritional practices that offer unique health benefits.

- **Content has been updated throughout** to be consistent with new guidelines, data, research, and trends.

- **Mastering™ Nutrition**, the online homework, tutorial, and assessment system, delivers self-paced tutorials and activities that provide individualized coaching, focus on your course objectives, and are responsive to your personal progress. The Mastering system is the most effective and widely used online homework, tutorial, and assessment system for the sciences. It helps instructors maximize class time with customizable, easy-to-assign, and automatically graded assessments that motivate students to learn outside of class and arrive prepared for lectures. Mastering Nutrition for the fourth edition includes new Focus Figure Coaching Activities, updated NutriTools Coaching Activities, and much more. Learn more at www.masteringhealthandnutrition.com.

- **MyDietAnalysis mobile website** is available, so you can track your diet and activity intake accurately, anytime, and anywhere from your mobile device. Learn more at www.mydietanalysis.com. Access to MyDietAnalysis is included in Mastering Nutrition at no additional cost.

- **Examining the Evidence** features look at the latest research on hot topics in nutrition today. These features guide you to making better, informed choices in your personal nutrition, while also demonstrating the ways nutrition professionals are constantly expanding and refining our understanding of nutritional science.

- **Exploring Micronutrients** within Chapters 9, 10, 12, and 13 are self-contained sections that incorporate photos, illustrations, and text to present each vitamin and mineral. Each micronutrient is discussed using the same categories (forms, absorption and transport, functions, daily needs, food sources, and toxicity and deficiency symptoms) for a consistent and easy-to-study format.

- **Chemistry Boosts** review chemistry concepts within the context in which you need to know them.

- **Calculation Corners** walk through mathematical equations used in the chapter and give you practice working the equations themselves. These features also have corresponding math video activities in Mastering Nutrition.

- **True or False?** pretests open each chapter with 10 true/false statements that help you realize that the things you think you know about nutrition aren’t always accurate. Answers are given at the end of the chapter.

- **Table Tips** give practical ideas for incorporating adequate amounts of each nutrient into your diet using widely available foods.

- **Self-Assessments** throughout the book ask you to think about your own diet and behaviors and how well you are meeting your various nutrient needs.

Chapter-by-Chapter Updates

Nutrition research and applications continue to expand our understanding of this advancing and dynamic science. To keep pace, we’ve reorganized the content, and visually
improved the figures and tables to enrich student learning in each chapter in the 4th edition of *Nutrition: From Science to You*.

**Chapter 1: What Is Nutrition?**

- Updated statistics on such key topics as the obesity epidemic, consumption trends, the quality of the American diet, leading causes of death in the United States.
- Moved content on meeting nutrition needs into its own section with Learning Outcome and The Take-Home Message.
- Created a new Health Connection on *Finding Credible Nutrition Information*.

**Chapter 2: Tools for Healthy Eating**

- Learning outcomes are highlighted to match the major headings, the Take-Home Message, and visual chapter summaries.
- Added a new Focus Figure 2.3, *Dietary Reference Intakes*.
- Created a new Focus Figure 2.10, *The Nutrition Facts Panel*, to describe the newest proposed food label changes.
- Developed a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on *Portion Distortion* to provide guidance on how to recognize healthy portion sizes to reduce the risk of weight gain.

**Chapter 3: Digestion, Absorption, and Transport**

- Added a new Figure 3.12 summarizing the actions of digestive hormones.
- Added a new Figure 3.13 on how the cardiovascular and lymphatic systems transport nutrients.
- Added a new Figure 3.16 on the effects celiac disease has on the wall of the small intestine.
- Consolidated coverage of celiac disease and other digestive disorders into a new Health Connection with accompanying Learning Outcome and The Take-Home Message.

**Chapter 4: Carbohydrates**

- Created a new Figure 4.9 on absorption and storage of monosaccharides.
- Added a discussion of hypoglycemia to the section on regulating blood glucose.
- Added a new Focus Figure 4.23, *Diabetes*, showing the mechanisms involved in both type 1 and type 2 diabetes.
- Revised all carbohydrate food source diagrams to feature new foods.
- Added a discussion of glycemic index and glycemic load to the section on best food sources of carbohydrates.
- Created a new Examining the Evidence feature, *Do Sugar-Sweetened Beverages Cause Obesity?*
- Updated coverage of sugar substitutes.
- Relocated Health Connection on diabetes and included Learning Outcome and The Take-Home Message.
Chapter 5: Lipids

- Revised headings to clarify when the discussion covers lipids in general or triglycerides specifically.
- Revised the Focus Figure 5.16, Lipid Digestion and Absorption.
- Created a new Figure 5.15, Lipoproteins, to illustrate both the size and compositions differences between the lipoproteins.
- Created a new Figure 5.18 on the metabolism of linoleic acid and alpha-linolenic acid.
- Moved both Figure 5.19 on the production of bile from cholesterol and Figure 5.20 on the phospholipid bilayer to the section discussing the roles of phospholipids and cholesterol in the body.
- Revised all lipid food source diagrams to feature new foods.
- Updated the research on the Mediterranean Diet in a new Spotlight box and added a new figure of the latest Healthy Mediterranean Diet Pyramid.
- Added a new Examining the Evidence feature, Is Coconut Oil the Next Superfood?
- Updated the Health Connection on heart disease and added a Learning Outcome and The Take-Home Message.
- Created a new Focus Figure 5.25, Atherosclerosis.

Chapter 6: Proteins

- Revised Figure 6.1 on the structural differences between carbohydrates, proteins, and fats.
- Revised Figure 6.2 on the organization and shape of proteins.
- Modified Focus Figure 6.6 on the digestion and absorption of protein.
- Revised Focus Figure 6.7 on protein synthesis.
- Modified Figure 6.9 on deamination and transamination.
- Moved coverage of amino acid score, PDCAAS, biological value, protein quality to the section discussing food sources of protein.
- Updated the statistics and references in the Examining the Evidence feature, Does Soy Reduce the Risk of Disease?
- Revised all protein food source diagrams to feature new foods.
- Expanded the Health Connection on vegetarian diets, with accompanying Learning Outcome and The Take-Home Message, to include benefits and potential risks of vegetarian diets.
- Added Figure 6.20, MyVeganPlate.

Chapter 7: Alcohol

- Reorganized the order of the topics presented and updated latest statistics and research.
- Moved content on reasons for drinking into its own section with Learning Outcome and The Take-Home Message.
- Moved content on short-term effects of alcohol into its own section with Learning Outcome and The Take-Home Message.
- Expanded the coverage of the negative impact of alcohol consumption, including the statistics on depression.
Moved Figure 1, How Red Wine May Affect the Risk of Cardiovascular Disease to the Examining the Evidence, Does Moderate Alcohol Consumption Provide Health Benefits?

Expanded the information on the moderate consumption of alcohol to emphasize the age-related benefits not seen in younger adults.

Expanded the content on alcohol abuse and alcoholism in the Health Connection, with accompanying Learning Outcome and The Take-Home Message, and updated statistics on the prevalence of different types of alcohol abuse.

Chapter 8: Energy Metabolism


Modified references to high-energy electrons and hydrogen ions throughout the chapter.

Created a new figure for the Chemistry Boost box that illustrates oxidation-reduction reactions.

Revised Figure 8.5, The Metabolic Fate of Food.

Created a new Table 8.2, Glucogenic and Ketogenic Amino Acids

Revised Figure 8.11, Fatty Acids Are Oxidized for Energy.

Revised Figure 8.13, The Electron Transport Chain.

Revised explanation of electron transport chain and oxidative phosphorylation.

Revised Figure 8.18, The Metabolism of Alcohol.

Created a new Figure 8.19 to illustrate galactosemia.

Expanded the Health Connection, with accompanying Learning Outcome and The Take-Home Message, on inborn errors of metabolism.

Chapter 9: Fat-Soluble Vitamins


For each fat-soluble vitamin, included the Learning Outcome at the beginning of the section, and added a new The Take-Home Message at the end.

Revised all fat-soluble vitamin food source diagrams to feature new foods.

Created a new Focus Figure 9.8, Retinal and Its Role in Vision.

Revised Table 9.4 on the function, daily needs, food sources, toxicity, and deficiency of each fat-soluble vitamin.

Moved the Nutrition in Practice on vitamin D deficiency to fall within the vitamin D section.

Created a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on the role of vitamin supplements in good health.

Added a new Figure 9.27 on dietary supplement labels.

Chapter 10: Water-Soluble Vitamins


Revised Figure 10.1, Digesting and Absorbing Water-Soluble Vitamins.

Moved Figure 10.3 on the functions of B vitamins in energy metabolism to the section discussing the primary functions of water-soluble vitamins.

Revised Table 10.1 on the function, daily needs, food sources, toxicity, deficiency, and active form of each water-soluble vitamin.

For each water-soluble vitamin, included the Learning Outcome at the beginning of the section, and added a new The Take-Home Message at the end.
• Revised all water-soluble vitamin food source diagrams to feature new foods.
• Revised Figure 10.16, *Pantothenic Acid and Energy Metabolism*.
• Revised Figure 10.20, *Vitamin B₆ Assists in Transamination*.
• Revised Figure 10.23, *The Digestion of Folate*
• Added new Figure 10.28 on the absorption of vitamin B₁₂, including the reactions of vitamin B₁₂ with the R protein and intrinsic factor in the gastrointestinal tract.
• Revised discussion of how folate deficiency may mask vitamin B₁₂ deficiency.
• Updated the information in the Examining the Evidence feature on vitamin C and the common cold.
• Added a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on the role of a healthy diet and lifestyle in cancer risk.

**Chapter 11: Water**

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised Figure 11.1, *The Composition of the Body*.
• Revised Figure 11.5, *Sources of Body Water and Routes of Excretion*.
• Updated the Examining the Evidence feature on bottled water to include the most recent research.
• Updated coverage of the health effects of too much or too little water with the latest research and moved into a new Health Connection, with accompanying Learning Outcome and The Take-Home Message.
• Added a new Focus Figure 11.12, *Fluid Balance during Exercise*.

**Chapter 12: Major Minerals**

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised Table 12.2 on the function, daily needs, food sources, toxicity, and deficiency, of each major mineral.
• For each major mineral, included the Learning Outcome at the beginning of the section, and added a new The Take-Home Message at the end.
• Revised all major mineral food source diagrams to feature new foods.
• Revised Figure 12.4, *Sodium Helps Transport Some Nutrients*.
• Revised Figure 12.8 to illustrate the size of a kidney stone.
• Created a new Focus Figure 12.11 on the hormonal regulation of blood calcium levels.
• Revised and updated the content on bone mass and osteoporosis in the Health Connection, with accompanying Learning Outcome and The Take-Home Message.

**Chapter 13: Trace Minerals**

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised Table 13.1 on the function, daily needs, food sources, toxicity, deficiency, and interaction of each trace mineral.
• For each trace mineral, included the Learning Outcome at the beginning of the section, and added a new The Take-Home Message at the end.
• Revised all trace mineral food source diagrams to feature new foods.
• Expanded the Health Connection, with accompanying Learning Outcome and The Take-Home Message, to include the causes, symptoms, testing, and treatment for both microcytic and macrocytic anemia.
• Revised Figure 13.18 compares healthy red blood cells to microcytic and macrocytic red blood cells affected by anemia.

Chapter 14: Energy Balance and Body Composition

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Added a new Focus Figure 14.1 describing energy balance, negative energy balance, and positive energy balance.
• Expanded discussion of the health risks associated with underweight and overweight.
• Added Table 14.6 defining the terms underweight, overweight, and obesity classified by BMI.
• Added Table 14.7 listing different methods of classifying obesity in adults.
• Created a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on disordered eating using updated content previously located in Chapter 15.
• Added Table 14.8 presenting the diagnostic criteria for classifying eating disorders.
• Added Table 14.9 explaining the warning signs associated with eating disorders.
• Added a Self-Assessment feature, Are You At Risk for an Eating Disorder?

Chapter 15: Weight Management

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Updated all statistics about the prevalence of overweight and obesity.
• Added new information on weight bias and discrimination and the classification of obesity as a disease by the AMA.
• Created a new Figure 15.1 describing the cost of treating obesity in America.
• Created a new Focus Figure 15.2 on hormonal regulation of hunger and satiety.
• Created a new Figure 14.4 illustrating lipoprotein lipase activity in lean, overweight, and obese adults.
• Included a new section on the role of nutrigenomics and epigenetics in obesity and weight management.
• Created a new Figure 15.5 on the structure of an epigenome.
• Added a discussion of decreased physical activity due to the prevalence of the automobile.
• Added a new Examining the Evidence feature on carbohydrates and their role in obesity.
• Expanded the discussion on low-energy-density foods as they relate to weight management.
• Added a new Examining the Evidence feature on microbiomes and their possible link to obesity.
• Added a new Examining the Evidence feature on whether anaerobic or aerobic exercise is the most effective for weight loss.
• Revised and updated the content on obesity medications and bariatric surgery in the Health Connection feature, with accompanying Learning Outcome and The Take-Home Message.

Chapter 16: Nutrition and Fitness

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Added a new Focus Figure 16.5 on energy sources that fuel different levels of activity.
• Added a new Table 16.3 on the timing of foods and amount of macronutrients needed to improve exercise performance.
• Added a new Nutrition in Practice on an athlete, which introduces the student to the process of nutrition counseling and dietetics in a real-world setting.
• Revised the Spotlight feature on the female athlete triad with the latest diagnostic terminology.
• Created a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on the role of various dietary supplements in exercise performance and fitness.
• Added discussion of the potential risks and benefits of bicarbonate loading and amino acid supplementation.

Chapter 17: Life Cycle Nutrition: Pregnancy through Infancy

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised coverage of fetal health risks associated with pregnancy in overweight or underweight women with latest research.
• Revised coverage of fetal health risks associated with drug use during pregnancy.
• Revised discussion of goals for weight gain during pregnancy.
• Revised discussions of iron and vitamin D needs during pregnancy to emphasize the value of supplementation for most women.
• Revised Figure 17.8, The Letdown Response.
• Revised coverage of the relationship between breast-feeding and risk of developing food allergies with latest research.
• Updated discussion of feeding infants juice with the latest recommendations from the AAP.
• Updated the Health Connection on food allergies and added a Learning Outcome and The Take-Home Message.

Chapter 18: Life Cycle Nutrition: Toddlers through Adolescence

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Updated discussion of young children’s iron needs.
• Revised Figure 18.3 on the USDA’s SuperTracker website.
• Revised coverage of the National School Lunch Program.
• Added discussion of the School Breakfast Program.
• Added a section on determining childhood overweight and obesity.
• Updated Figure 18.4, Increase in Overweight among U.S. Children and Adolescents.
• Updated and expanded section on the factors contributing to overweight and obesity in children to include discussions of sugary beverages, genetics, family environment, targeting marketing, and peer influence.
• Updated the Examining the Evidence feature, Does Sugar Cause Behavior Problems in Children?
• Updated coverage of eating disorders in adolescents with latest research.
• Updated and expanded Health Connection, with accompanying Learning Outcome and The Take-Home Message, on health effects of childhood obesity to include risks of CVD and psychological problems, as well as approaches to obesity reduction and management.
Chapter 19: Life Cycle Nutrition: Older Adults

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Updated discussion of lifestyle factors that contribute to the leading causes of death in older Americans.
• Revised discussion of changes in body composition during aging.
• Created a new Table 19.1 on the recommended dietary changes for older adults.
• Updated the Examining the Evidence feature, Does Kilocalorie Restriction Extend Life?
• Updated discussion of older adults’ potential benefit from supplements with latest research.
• Revised coverage of Alzheimer’s disease.
• Added a new Health Connection, with accompanying Learning Outcome and The Take-Home Message, on hypertension.

Chapter 20: Food Safety, Technology, and Availability

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised chapter opening section.
• Updated statistics throughout chapter.
• Revised Figure 20.1, Bioaccumulation of Toxins.
• Revised Figure 20.3 on cross-contamination.
• Updated Table 20.2, Safe Food Temperatures.
• Revised Table 20.3, Agencies that Oversee the Food Supply.
• Revised Figure 20.7, The Farm-to-Table Continuum.
• Moved coverage of label terms for animal foods to the section on the use of hormones and antibiotics.
• Updated and relocated discussion of organic food production.
• New Figure 20.13 of a sustainable systems framework.
• Updated coverage of genetically engineered food in a new Health Connection, with accompanying Learning Outcome and The Take-Home Message.

Chapter 21: Global Nutrition and Malnutrition

• Learning Outcomes tie into major headings, The Take-Home Messages, and Visual Chapter Summaries.
• Revised focus of chapter to address hunger as well as other forms of malnutrition, including overnutrition.
• Added a new section defining hunger, malnutrition, undernutrition, and overnutrition.
• Updated statistics about the prevalence of hunger and food insecurity in the United States and worldwide.
• Updated Figure 21.1, Hunger in the United States.
• Created new Figure 21.2 on world population growth.
• Added a new section on food deserts in the United States.
• Created a new Figure 21.3 showing food insecurity worldwide.
• Added new sections on food waste and nutrition transition to the discussion of malnutrition worldwide.
• Added new section on malnutrition in overweight and obese individuals.
• Created new Table 21.2, Food Assistance Programs in the United States.
• Added a new section on global programs addressing issues related to food and water supply.
• Revised discussion of health effects of chronic hunger in a new Health Connection, with accompanying Learning Outcome and The Take-Home Message.

Supplements

Mastering Nutrition with MyDietAnalysis with Pearson eText

www.masteringnutrition.pearson.com

The Mastering Nutrition with MyDietAnalysis online homework, tutorial, and assessment system delivers self-paced tutorials that provide individualized coaching, focus on your course objectives, and are responsive to each student’s progress. Set up your course in 15 minutes with proven, assignable, and automatically graded nutrition activities that reinforce your course’s learning outcomes.

• Visual Chapter Summary Coaching Activities review the main ideas of the chapter while incorporating engaging assessments.
• NEW Focus Figure Narrated Walkthrough Coaching Activities guide students through key nutrition concepts with interactive mini-lessons.
• NEW MyDietAnalysis Personalized Diet Analysis Activities provide students with hands-on diet analysis practice that can also be automatically graded.
• Reading Quizzes (20 questions per chapter) ensure that students have completed the assigned reading before class.
• Dynamic Study Modules help students study effectively by continuously assessing student performance and providing practice in areas where students struggle the most.
• 25 ABC News Videos with quizzing bring nutrition to life and spark discussion on current hot topics in the nutrition field. They include multiple-choice questions that provide wrong-answer feedback to redirect students to the correct answer.
• 40 Nutrition Animations Activities explain big-picture concepts that help students learn the hardest topics in nutrition. These animations have questions that provide wrong-answer feedback that address students’ common misconceptions.
• Math Video Coaching Activities, accessible through Mastering, provide hands-on practice of important nutrition-related calculations.
• Mobile-ready NutriTools Coaching Activities allow students to combine and experiment with different food options and learn firsthand how to build healthier meals.
• MP3 Chapter Summary relate to chapter content and come with multiple-choice questions that provide wrong-answer feedback.
• Access to Get Ready for Nutrition gives students extra math and chemistry study assistance.
• The Study Area is broken down into learning areas and includes videos, animations, MP3s, and much more.

MyDietAnalysis Premium Website

www.mydietanalysis.com

MyDietAnalysis was developed by the nutrition database experts at ESHA Research, Inc. and is tailored for use in college nutrition courses. MyDietAnalysis is available as a single sign-on to Mastering Nutrition.

• View a classwide nutritional average. MyDietAnalysis will allow you to see a nutritional profile of your entire class, enabling you to base your lecture on your students’ needs.
• Video help with associated quizzes covers the topics students struggle with most.
• A mobile website version of MyDietAnalysis is also available for mobile devices.
Learning Catalytics

Learning Catalytics is a “bring your own device” student engagement, assessment, and classroom intelligence system that allows students to use their smartphones, tablets, or laptops to respond to questions in class. With Learning Catalytics, you can assess students in real-time using open ended question formats to uncover student misconceptions and adjust lecture accordingly and automatically create groups for peer instruction based on student response patterns, to improve discussion productivity.

Digital Instructional Resources

These valuable teaching resources include everything you need to create lecture presentations and course materials, including JPEG and PowerPoint® files of all the art, tables, and selected photos from the text, and “stepped-out” art for selected figures from the text, as well as animations, all available for download from within Mastering Nutrition or www.pearson.com.

The Digital Instructional Resources includes:

- PowerPoint lecture outlines with links to Nutrition Animations and ABC News Lecture Launcher Videos
- Media Link PowerPoint slides for easy importing of videos and animations
- PowerPoint slides with a Jeopardy-type quiz show
- Questions for Classroom Response Systems (CRS) in PowerPoint format, allowing you to import the questions into your own CRS
- Instructor's Resource and Support Manual
- Test Bank (Microsoft® Word, RTF, and PDF files) and Computerized Test Bank
- Introduction to Mastering Nutrition
- Introductory video for Learning Catalytics
- East Right! Healthy Eating in College and Beyond
- Food Composition Table

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Lastly, an endless thanks to our colleagues, friends, and especially our families. Joan would like to “thank my family, Adam, Brendan, and Craig for their love and support when I was working more than I should have been.” Kathy sends a special thanks to “my husband Rich and our children Heather, Wes, and Ryan for keeping me sane and grounded, and my sister Vicki for her steadfast support.” Stella would like to acknowledge “my husband, Gary Snyder, for his constant support; and our wonderful dogs, Sasha and Bear, for always making me smile! And to my Mom and Dad, who both instilled in me a wonderful relationship with food, especially home grown and homemade food.”

### Preface

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I am nothing without my ABCs. Thanks.
—Joan Salge Blake

I dedicate this to my family for their love and support that sustained me through the development of this book. And to my students, both present and past, for whom this book was written.
—Kathy D. Munoz

I would like to dedicate this book to my Mom, Felicetta Volpe, and my Dad, Antonio Volpe (in memory). I would also like to dedicate this book to my husband, Gary Snyder, and our dogs, Sasha and Bear.
—Stella Lucia Volpe
NUTRITION
From Science To You