

NUTRITION ESSENTIALS AND DIET THERAPY

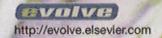






SAUNDERS

Peckenpaugh



Contents

SECTION 1	The Art and Science of Nutrition in Health and Disease	
THE PROPERTY OF THE PROPERTY O	Chapter 1	The Art of Nutrition in a Family Context 3
	Chapter 2	Carbohydrates, Proteins, and Fats: The Energy Macronutrients of Balanced Meals 37
	Chapter 3	The Micronutrients of Balanced Meals: Vitamins, Minerals, Phytochemicals, and Water 61
	Chapter 4	Digestion, Absorption, and Metabolism in Health and Disease 111
SECTION 2	Chronic and Acute Illness	
And the second s	Chapter 5	Insulin Resistance and the Metabolic Syndrome 151
	Chapter 6	Obesity and Healthy Weight Management 168
	Chapter 7	Cardiovascular Disease 201
	Chapter 8	Diabetes Mellitus 230
	Chapter 9	Renal Disease 270
	Chapter 10	Cancer: Nutrition Prevention and Treatment 290
SECTION 3	Life Span and Wellness Concerns in Promoting Health and Managing Illness	
	Chapter 11	Maternal and Infant Nutrition in Health and Disease 315
	Chapter 12	Growth and Development Issues in Promoting Good Health 358
	Chapter 13	Nutrition over the Adult Life Span 405

Chapter 14 Public Health Issues in National and International Nutrition 437 Chapter 15 The Nutrition Care Process in the Health Care Setting 466 **Appendices** 513 Appendix 1 Websites for Nutrition Information and Educational Material 513 Appendix 2 MyPyramid Worksheet 517 Appendix 3 The Exchange Lists for Weight Management 519 Appendix 4 Nutritive Values of Various Foods 531 Appendix 5 Nutritive Value of Selected Ethnic Foods 592 Appendix 6 Fiber Content of Selected Foods 610 Appendix 7 Body Mass Index 613 Appendix 8 Blood Pressure Tables for Children and Adolescents 615 Appendix 9 The DASH Eating Plan 620 Appendix 10 Growth Charts for Boys and Girls from Birth to 18 Years of Age 622 Appendix 11 Food Storage Guidelines 635 Appendix 12 Child Care Meal Pattern 636 **Appendix 13** Estimating Body Frame Size 638

Appendix 14 Metric Conversions and Equivalents 640

Glossary 642