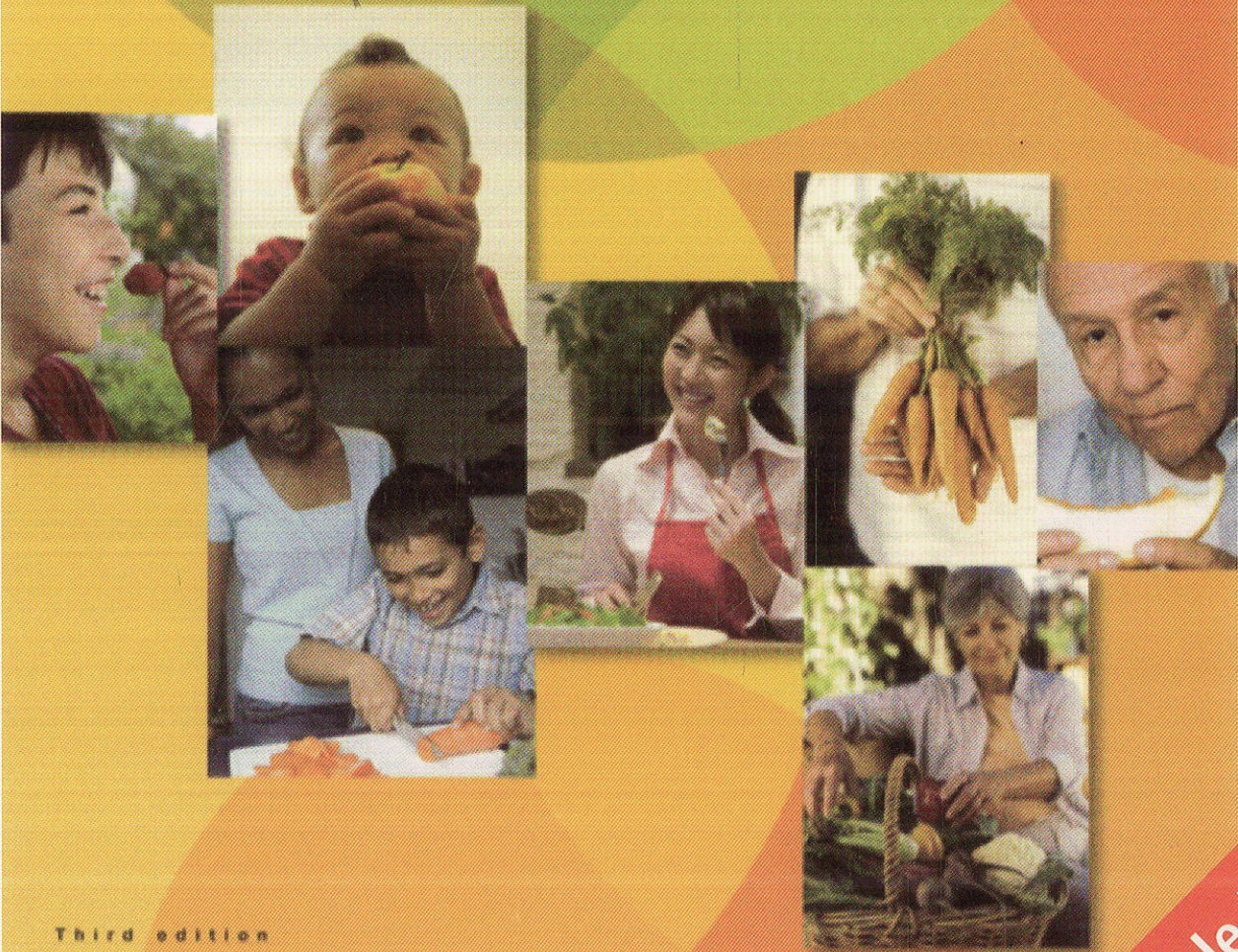


INTERNATIONAL STUDENT EDITION

Judith E. Brown

Nutrition

Through the Life Cycle



Third edition

Not for Sale in the
United States

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Nutrition Time Line

1621

First Thanksgiving
feast at Plymouth
colony

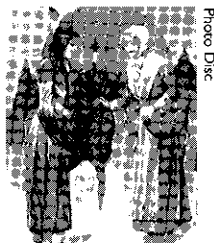


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1734

Scurvy recognized

1702

First coffeehouse
in America opens
in Philadelphia

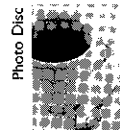


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Nutrition Time Line

1744

First record of ice cream in America at Maryland colony



Photo Disc

1747

Lind publishes "Treatise on Scurvy," citrus identified as cure



Photo Disc

1750

Ojibway and Sioux war over control of wild rice stands

1762

Sandwich invented by the Earl of Sandwich

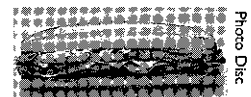


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Nutrition Time Line

1771

Potato heralded as famine food

1774

Americans drink more coffee in protest over Britain's tea tax



1775

Lavoisier ("the father of the science of nutrition") discovers the energy-producing property of food

1816

Protein and amino acids identified followed by carbohydrates and fats in the mid 1800s

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Nutrition Time Line

Bettmann/CORBIS



1833

Beaumont's experiments on a wounded man's stomach greatly expands knowledge about digestion

1871

Proteins, carbohydrates, and fats determined to be insufficient to support life; that there are other "essential" components

Bettmann/CORBIS



1895

First milk station providing children with uncontaminated milk opens in New York City

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Nutrition Time Line

1896

Atwater publishes
*Proximate Composition
of Food Materials*

1906

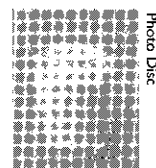
Pure Food and Drug Act passed
by President Theodore Roosevelt
to protect consumers against
contaminated foods

Bettmann/CORBIS



1910

Pasteurized milk
introduced



1912

Funk suggested
scurvy, beriberi,
and pellagra
caused by
deficiency of
“vitamines” in
the diet

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Nutrition Time Line

Photo Disc



1913

First vitamin discovered (vitamin A)

1914

Goldberger identifies the cause of pellagra (niacin deficiency) in poor children to be a missing component of the diet rather than a germ as others believed.

1916

First dietary guidance material produced for the public was released. It was titled "Food for Young Children."

1917

First food groups published, The Five Food Groups: Milk and Meat; Vegetables and Fruits; Cereals; Fats and Fat Foods; Sugars and Sugary Foods

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Nutrition Time Line

1921

First fortified food produced: iodized salt. It was needed to prevent widespread iodine deficiency goiter in many parts of the United States



Merton Salt Co.

1928

American Society for Nutritional Sciences and the *Journal of Nutrition* founded

1929

Essential fatty acids identified

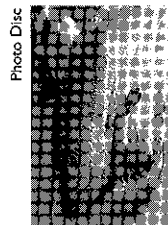


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Nutrition Time Line

1930s

Vitamin C identified in 1932, followed by pantothenic acid and riboflavin in 1933, and vitamin K in 1934

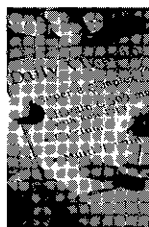


Photo Disc

1937

Pellagra found to be due to a deficiency of niacin

1941

First refined grain-enrichment standards developed

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Nutrition Time Line**1941**

First Recommended
Dietary Allowances (RDAs)
announced by President
Franklin Roosevelt on radio

FDR Library

**1946**

National School
Lunch Act passed



Phono Disc

1947

Vitamin B₁₂
identified

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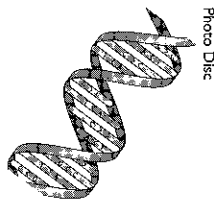
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Nutrition Time Line 

1953

Double helix structure of DNA discovered



1965

Food Stamp Act passed, Food Stamp program established

1966

Child Nutrition Act added school breakfast to the National School Lunch Program



1968

First national nutrition survey in United States launched (the Ten State Nutrition Survey)

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Nutrition Time Line

1970

First Canadian national nutrition survey launched (Nutrition Canada National Survey)

1972

Special Supplemental Food and Nutrition Program for Women, Infants, and Children (WIC) established

1977

Dietary Goals for the United States issued

1978

First Health Objectives for the Nation released

1989

First national scientific consensus report on diet and chronic disease published

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Nutrition Time Line

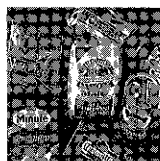
1997

RDAs expanded to Dietary Reference Intakes (DRIs)

1998

Folic acid fortification of refined grain products begins

Photo Disc



2003

Sequencing of DNA in the human genome completed. Marks beginning of new era of research in nutrient-gene interactions

2006

Obesity and diabetes become global epidemics