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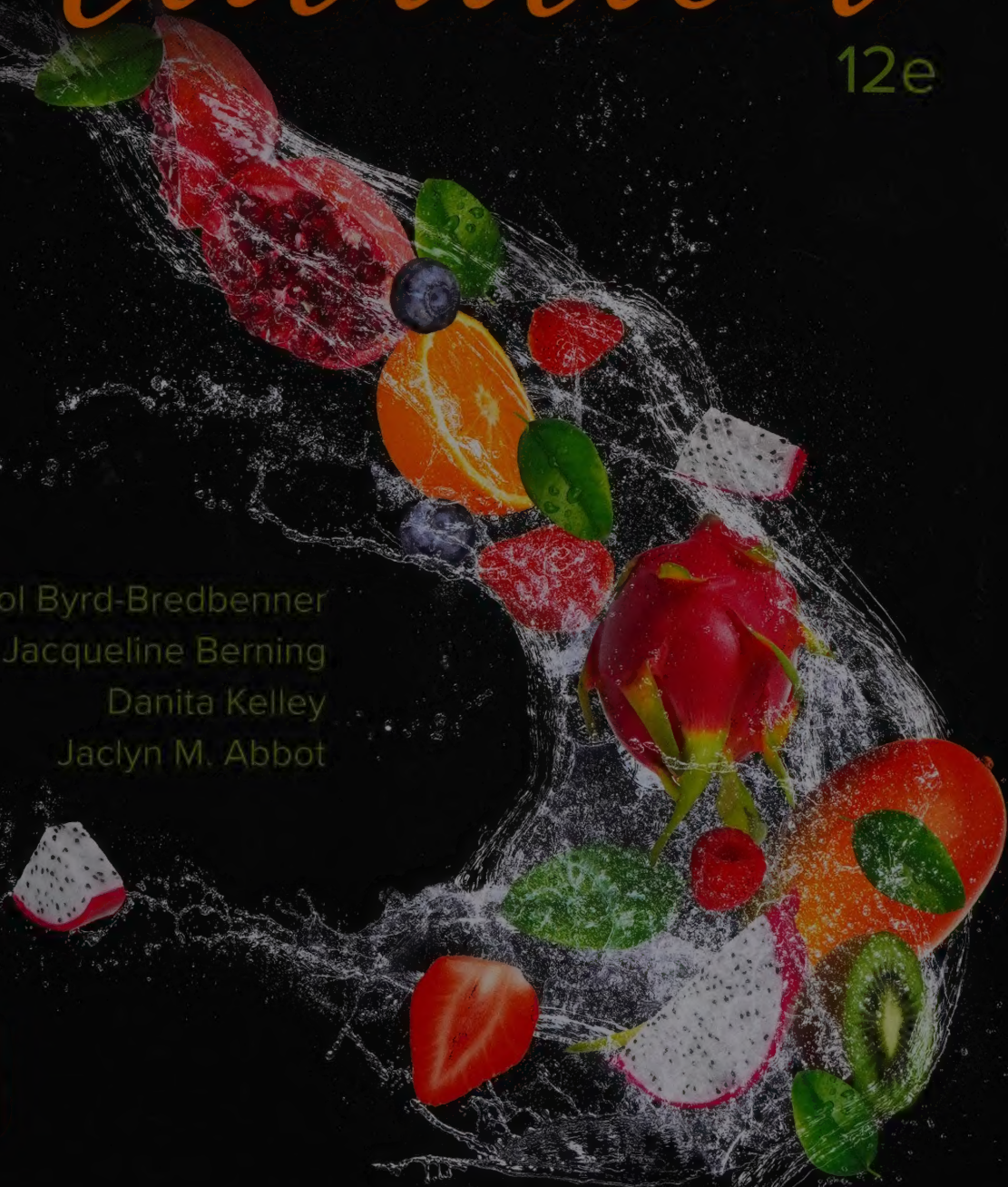
Perspectives in

Nutrition

12e

Carol Byrd-Bredbenner
Jacqueline Berning
Danita Kelley
Jaclyn M. Abbot

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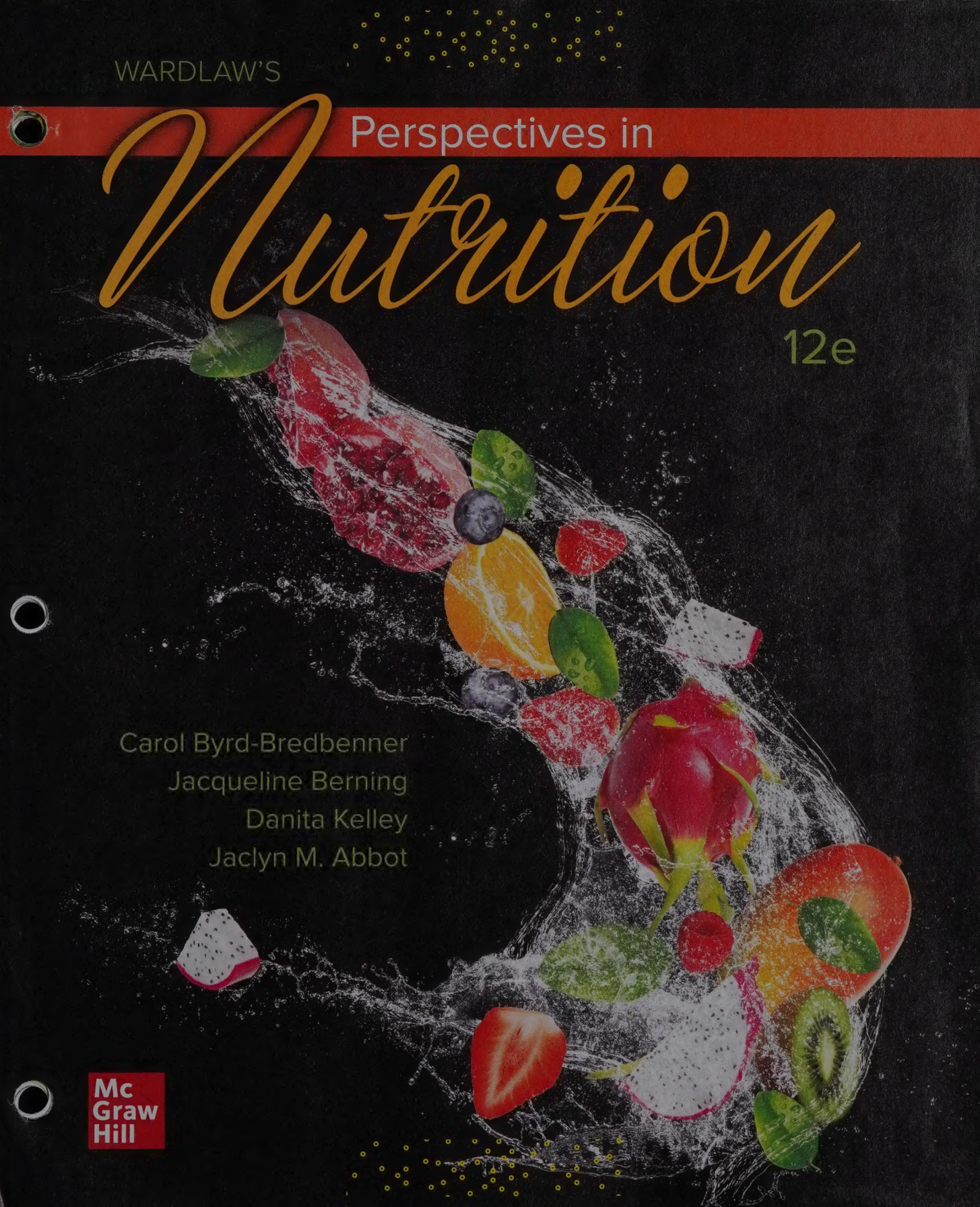
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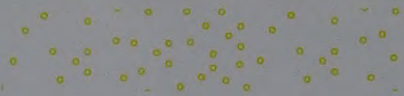
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WARDLAW'S PERSPECTIVES IN NUTRITION, TWELFTH EDITION

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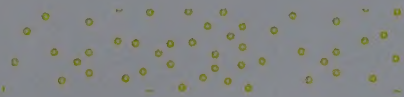
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Brief Contents

PART 1 NUTRITION FUNDAMENTALS

- 1 The Science of Nutrition 3
- 2 Tools of a Healthy Diet 41
- 3 The Food Supply 75
- 4 Human Digestion and Absorption 123

PART 2 ENERGY-YIELDING NUTRIENTS AND ALCOHOL

- 5 Carbohydrates 165
- 6 Lipids 203
- 7 Proteins 241
- 8 Alcohol 277

PART 3 METABOLISM AND ENERGY BALANCE

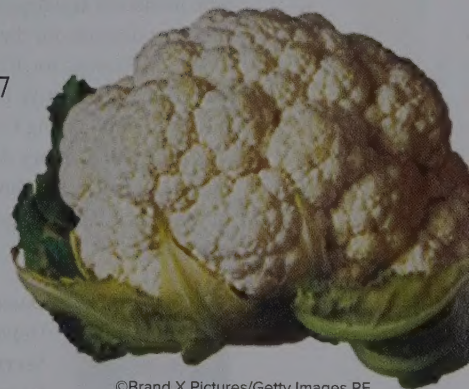
- 9 Energy Metabolism 303
- 10 Energy Balance, Weight Control, and Eating Disorders 337
- 11 Nutrition, Exercise, and Sports 383

PART 4 VITAMINS AND MINERALS

- 12 The Fat-Soluble Vitamins 423
- 13 The Water-Soluble Vitamins 461
- 14 Water and Major Minerals 511
- 15 Trace Minerals 565

PART 5 NUTRITION APPLICATIONS IN THE LIFE CYCLE

- 16 Nutritional Aspects of Pregnancy and Breastfeeding 601
- 17 Nutrition during the Growing Years 643
- 18 Nutrition during the Adult Years 685



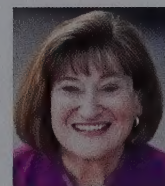
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Meet the Author Team



Carol Byrd-Bredbenner, Ph.D., R.D., FAND, received her doctorate from Pennsylvania State University. Currently, she is Distinguished Professor in the Nutritional Sciences Department at Rutgers, The State University of New Jersey. She teaches a wide range of undergraduate and graduate nutrition courses. Her research interests focus on investigating environmental factors that affect dietary choices and health outcomes. Dr. Byrd-Bredbenner has authored numerous nutrition texts, journal articles, and computer software packages. She has received teaching awards from the American Dietetic Association (now called the Academy of Nutrition and Dietetics), Society for Nutrition Education, and U.S. Department of Agriculture. She was the recipient of the American Dietetic Association's Anita Owen Award for Innovative Nutrition Education Programs, American Society for Nutrition's Excellence in Nutrition Education Award, and Society for Nutrition Education and Behavior's Helen Denning Ullrich Award for Lifetime Excellence in Nutrition Education. She also was a Fellow of the United Nations, World Health Organization at the WHO Collaborating Center for Nutrition Education, University of Athens, Greece. She enjoys exploring food and culinary customs, traveling, diving, and gardening.

Jacqueline R. Berning, Ph.D., R.D., CSSD, earned her doctorate in nutrition from Colorado State University in Fort Collins, Colorado. She is currently Professor and Chair of the Health Science Department at the University of Colorado at Colorado Springs (UCCS), where she has won numerous teaching awards. Dr. Berning is published in the area of sports dietetics and was the sport dietitian for the Denver Broncos for over 25 years, Cleveland Indians for 18 years, and Colorado Rockies for 10 years. Currently, she is the sport dietitian for UCCS athletics and U.S. Lacrosse. She is active in the Academy of Nutrition and Dietetics, where she served as Chair of the Program Planning Committee for FNCE and is currently Chair of the Appeals Committee. In 2014, Dr. Berning was awarded the Mary Abbot Hess Award for Culinary Events for teaching the University of Colorado football team how to grocery shop and cook. Additionally, she served 6 years as an ADA spokesperson and is former Chair of the Sports, Cardiovascular, and Wellness Nutritionists dietetics practice group. She enjoys walking, hiking, and gardening.



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Danita Saxon Kelley, Ph.D., R.D., earned her doctorate in nutritional sciences from the University of Kentucky. She serves as Associate Dean of the College of Health and Human Services and is a Professor in the Family and Consumer Sciences Department at Western Kentucky University. Previously, Dr. Kelley was Director of the Didactic Program in Dietetics at Western Kentucky University. She is a Past President of the Board of Directors for the Kentucky Academy of Nutrition and Dietetics. Her scholarly work has focused on adolescents' eating patterns, the communication skills of dietetic students, histaminergic activity and regulation of food intake, and dietary restriction effects on the antioxidant defense system. She has received awards for teaching from the Kentucky Academy of Nutrition and Dietetics and the Dietetic Educators of Practitioners of the Academy of Nutrition and Dietetics. She enjoys singing, walking her dog, cheering for her family in water-ski competitions, and watching her children participate in athletic and musical endeavors.

Jaclyn Maurer Abbot, Ph.D., R.D., earned her doctorate in nutritional sciences at the University of Arizona. She is a Registered Dietitian Nutritionist and adjunct lecturer in the Nutritional Sciences Department at Rutgers, The State University of New Jersey. She teaches online undergraduate courses in nutrition and health and introductory sports nutrition. Her research focuses on nutrition communication and health promotion on an array of topics, including safe food handling, nutrition for optimizing fitness performance, nutrition knowledge and behavior, and disease prevention. She has delivered her research findings via formal classroom teaching, outreach programming, and peer-reviewed journals. She enjoys running, coaching youth sports, and spending time with her husband and 3 young children.



Preface

Welcome to the Twelfth Edition of Wardlaw's Perspectives in Nutrition

Wardlaw's Perspectives in Nutrition has the richly deserved reputation of providing an accurate, current, in-depth, and thoughtful introduction to the dynamic field of nutrition. We have endeavored to build upon this tradition of excellence by enriching this edition for both students and instructors. Our passion for nutrition, our genuine desire to promote student learning, and our commitment to scientific accuracy, coupled with constructive comments from instructors and students, guided us in this effort. Our primary goal has been to maintain the strengths and philosophy that have been the hallmark of this book yet continue to enhance the accessibility of the science content and the application of materials for today's students.

Nutrition profoundly affects all of our lives every day. For the authors, as well as many other educators, researchers, and clinicians, this is the compelling reason for devoting our careers to this dynamic field. The rapid pace of nutrition research and provocative (and sometimes controversial) findings challenge us all to stay abreast of the latest research and understand its implications for health. We invite you to share with us topics that you believe deserve greater or less attention in the next edition.

To your health!

Carol Byrd-Bredbenner

Jacqueline Berning

Danita Kelley

Jaclyn Maurer Abbot



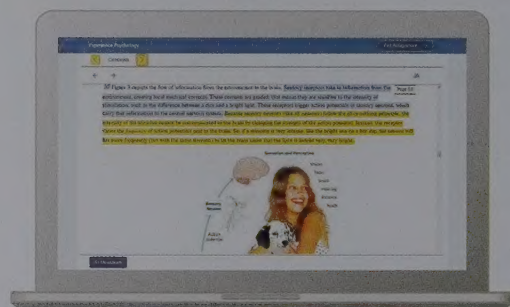
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Students: Get Learning that Fits You

Effective tools for efficient studying

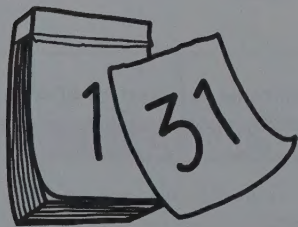
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— Jordan Cunningham,
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Connecting Instructors and Students to Additional Digital Resources

Saves students and instructors time while improving performance



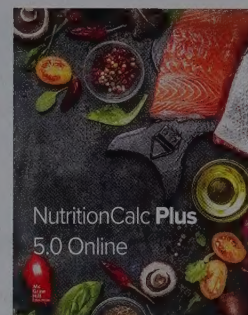
McGraw Hill Campus integrates all of your digital products from McGraw Hill with your school's Learning Management System for quick and easy access to best-in-class content and learning tools.

Dietary Analysis Tools

NutritionCalc Plus is a powerful dietary analysis tool featuring more than 30,000 foods from the ESHA Research nutrient database, which is comprised of data from the latest USDA Standard Reference database, manufacturers' data, restaurant data, and data from literature sources. NutritionCalc Plus allows users to track food and activities, then analyze their choices with a robust selection of intuitive reports. The interface was updated to accommodate ADA requirements and modern mobile experience native to today's students. This tool is provided complimentary in Connect with *Perspectives in Nutrition*.

Dietary Analysis Case Studies One of the challenges instructors face with teaching nutrition classes is having time to grade individual dietary analysis projects. To help overcome this challenge, assign auto-graded dietary analysis case studies. These tools require students to use NutritionCalc Plus to analyze dietary data, generate reports, and answer questions to apply their nutrition knowledge to real-world situations. These assignments were developed and reviewed by faculty who use such assignments in their own teaching. They are designed to be relevant, current, and interesting!

Assess My Diet Students are using NutritionCalc Plus to analyze their own dietary patterns. But how can instructors integrate that information into a meaningful learning experience? With Assess My Diet, instructors can now assign auto-graded, personalized dietary analysis questions within Connect. These questions refresh their memory on the functions and food sources of each nutrient and prompt the students to evaluate their own eating behaviors. Students can evaluate their own nutrient intakes compared to current Dietary Reference Intakes and demonstrate their ability to perform calculations on their own data, such as percent of calories from saturated fat. They can compare the nutrient density of their own food selections to see which of their food choices provides the most fiber or iron. A benefit of the Assess My Diet question bank is that it offers assignable content that is personalized to the students' data, yet it is still auto-graded. It saves time and keeps all assignments in one place.



Presentation tools allow you to customize your lectures

Enhanced Lecture Presentations Contain lecture outlines, art, photos, and tables. Fully customizable, adapted for ADA compliance, complete, and ready to use—these presentations will streamline your work and let you spend less time preparing for lecture!

Editable Art Fully editable (labels and leaders) line art from the text

Animations Over 50 animations bring key concepts to life, available for instructors *and* students.

Digital Lecture Capture

Tegrity® is a fully automated lecture capture solution used in traditional, hybrid, "flipped classes" and online courses to record lessons, lectures, and skills.

Virtual Labs and Lab Simulations



While the sciences are hands-on disciplines, instructors are now often being asked to deliver some of their lab components online, as full online replacements, supplements to prepare for in-person labs, or make-up labs.

These simulations help each student learn the practical and conceptual skills needed, then check for understanding and provide feedback. With adaptive pre-lab and post-lab assessment available, instructors can customize each assignment.

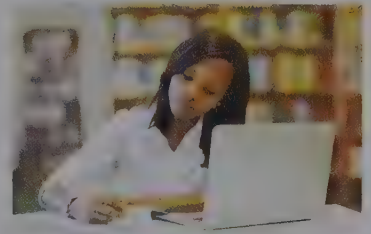
From the instructor's perspective, these simulations may be used in the lecture environment to help students visualize processes, such as digestion of starch and emulsification of lipids.

Connecting Students to Today's Nutrition

Our Intended Audience

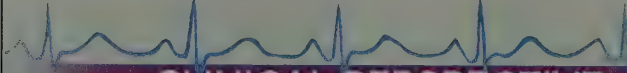
This textbook was developed for students pursuing nutrition and health science careers as well as those wanting a better understanding of how nutrition affects their lives. Because this course often attracts students from a broad range of majors, we have been careful to include examples and explanations that are relevant to them and to include sufficient scientific background to make the science accessible to them. The appendices help students who wish to learn more or need assistance with the science involved in human physiology, chemistry, and metabolism.

To better bridge the span of differing science backgrounds and to enhance student interest and achievement of course objectives, we organized the presentation of the material within chapters to flow seamlessly from concrete to abstract learning. In chapters focusing on nutrients, for example, concrete concepts, such as food sources of the nutrients and recommended intakes, are introduced early in the chapter to create a framework for more abstract concepts, such as functions, digestion, and absorption.



Accurate, Current Science That Engages Students

The twelfth edition continues the tradition of presenting scientific content that is reliable, accurate, and up-to-date. This edition incorporates coverage of recent nutrition research, as well as the recent updates to consumer guidelines and tools—Dietary Guidelines for Americans, MyPlate, *Healthy People*, and the new Nutrition Facts panel. It also retains the in-depth coverage students need to fully understand and appreciate the role of nutrition in overall health and to build the scientific knowledge base needed to pursue health-related careers or simply live healthier lives. To enhance these strengths and promote greater comprehension, new research findings and peer-reviewed references are incorporated and artwork is enhanced to further complement the discussions. The presentation of complex concepts was scrutinized to increase clarity through the use of clear, streamlined, precise, and student-friendly language. Timely and intriguing examples, illustrative analogies, clinical insights, culinary perspectives, historical notes, future perspectives, and thought-provoking photos make the text enjoyable and interesting to students and instructors alike.



CLINICAL PERSPECTIVE

Food Protein Allergies



Allergies, including food allergies, involve responses of the immune system designed to eliminate foreign proteins (antigens). Food allergy responses occur when the body mistakenly reacts to a food as though it were a harmful invader. In some people, certain food components, typically proteins (called **allergens**), cause hypersensitivity reactions and trigger this response. These allergens stimulate white blood cells to produce antibodies (mostly, the **immunoglobulin IgE**) that bind to antigens and cause the symptoms associated with an allergic reaction.²¹

Fortunately, most allergic reactions are mild, such as a runny nose, sneezing, itching skin, hives, or digestive upset (indigestion, nausea, vomiting, diarrhea). For those who are severely allergic, exposure to the allergenic food may cause a generalized, life-threatening reaction involving all body systems (known as **anaphylaxis** or anaphylactic shock). Anaphylaxis causes decreased blood pressure

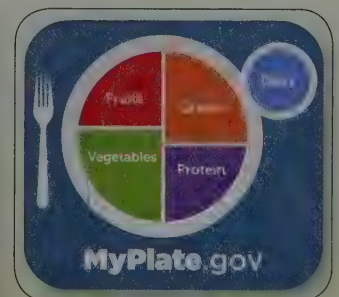
without immediate medical help. In the U.S., allergic reactions result in 200,000 emergency room visits and 150 to 200 deaths per year.

The protein in any food can trigger an allergic reaction. However, 8 foods account for 90% of all food allergies: peanuts, tree nuts (e.g., walnuts and cashews), milk, eggs, fish, shellfish, soy, and wheat (Fig. 7-16). Other foods frequently identified as causing allergic reactions are sesame seeds, meat and meat products, fruits, and cheese.

The only way to prevent allergic reactions is to avoid foods known to trigger reactions. Carefully reading food labels and asking questions when eating out are essential, perhaps life-saving, steps for those with food allergies.²¹ In addition, individuals preparing foods at home or in restaurants need to know their menu ingredients and take steps to ensure that foods that cause an allergic reaction in a person do not come in contact with the food to be served to that individual. Even trace amounts of an allergen can cause a reaction. To prevent

People with hypersensitivity to certain foods can be tested to determine which food allergens cause their symptoms.

Science Photo Library/Getty Images



Connecting with a Personal Focus

Applying Nutrition on a Personal Level

A key objective in nearly all introductory courses is for students to apply their new knowledge of nutrition to their own lives. Practical applications clearly linked to nutritional science concepts are woven throughout each chapter to help students apply their knowledge to improving and maintaining their own health and that of others for whom they are responsible, such as future patients or offspring.

- **Take Action** features in each chapter allow students to examine their own diets and health issues.
- Updated **case studies** showcase realistic scenarios and thought-provoking questions.
- New discussion of the Nutrition Facts panel outlines the innovative changes to this important consumer tool.

Take Action

Estimate Your Fiber Intake

To roughly estimate your daily fiber consumption, determine the number of servings you ate yesterday from each food category listed here. Multiply the serving amount by the value listed and then add up the total amount of fiber. How does your total fiber intake for yesterday compare with the general recommendation of 28 g of fiber per day? If you are not meeting your needs, how could you do so?

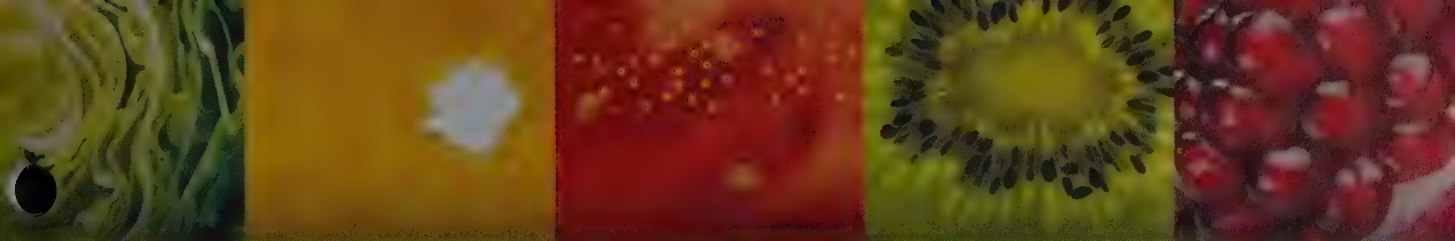
Food Category	Size of 1 Serving	Number of Servings You Ate Yesterday	Average Grams Fiber per Serving	Grams Fiber
Vegetables	1 cup	1	3	3
Fruit	1 cup	1	3	3

FOLLOW-UP

Although the dish was cooked thoroughly, it was held at an unsafe temperature from the time it was removed from the oven at 1:00 p.m. until it was served at 6:00 p.m. This 5-hour time span greatly exceeded the maximum time of 2 hours at room temperature for a cooked food. This allowed the growth of a foodborne illness-causing pathogen. Ideally, this product should have been transported on ice in a cooler to the party, refrigerated at the party, and then reheated to 165°F (74°C) before serving at 6:00 p.m. Overall, it is risky to leave perishable items, such as meat, fish, poultry, eggs, and dairy products, at room temperature for more than 2 hours.

Applying Nutrition to Career and More

- **Expert Perspective from the Field** features examine cutting-edge topics and demonstrate how emerging, and sometimes controversial, research results affect nutrition knowledge and practice.
- **Clinical Perspectives** highlight the role of nutrition in the prevention and treatment of disease. These topics will be especially interesting to students planning careers in dietetics or health-related fields.
- **Global Perspectives** discuss concepts related to critical health and nutrition issues around the world. These timely features also aim to engage students with thought-provoking challenges.
- **Historical Perspectives** heighten awareness of critical discoveries and events that have affected our understanding of nutritional science.
- **Perspective on the Future** features address emerging trends affecting nutrition science and practice.
- **Culinary Perspectives** focus on interesting food trends and their impact on health.
- Each major heading in the chapters is numbered and cross-referenced to the end-of-chapter summary and study questions to make it easy to locate and prioritize important concepts.



HISTORICAL PERSPECTIVE



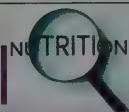
Photographing Atoms

Discovering the molecular layout of biologically important molecules is critical to understanding their function and treating disease. The biochemist and crystallographer Dorothy Crowfoot Hodgkin developed X-ray techniques that permitted her to determine the structure of over 10 molecules, including insulin, vitamin B-12, vitamin D, and penicillin. Her work with insulin improved the treatment of diabetes. Knowing the structure of vitamin B-12 advanced our knowledge of its role in blood health. Learn more about this Nobel Prize winner at www.nobelprize.org/prizes/chemistry/1964/hodgkin/biographical.

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Perspective on the Future

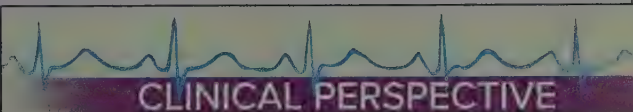
The common wisdom that eating 3500 kcal less than you need will result in the loss of 1 pound has come under great scrutiny. Weight loss research models based on thermodynamics, mathematics, physics, and chemistry indicate that many more than 3500 calories may be stored in a pound of body fat. Researchers have developed a body weight planner that allows users to make personalized calorie and physical activity plans to reach a goal weight.²⁴ Learn more at www.pbrc.edu/research-and-faculty/calculators/weight-loss-predictor.



Expert Perspective from the Field

Tailoring a Healthy Eating Plan to Fit Your Lifestyle

According to Dr. Judith Rodríguez, "finding your lifestyle is the key to controlling weight. Dr. Rodríguez groups diets based on how consumers match their lifestyles with products. You match what you like to eat or the culture with what you can eat."



CLINICAL PERSPECTIVE

Foodborne Illness Can Be De

Foodborne illness often means a few hours or even a few days of discomfort and then the illness resolves on its own. In some cases, though, foodborne illness causes more serious medical problems, which can have lifelong

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GLOBAL PERSPECTIVE

How Big Is Your Footprint?

Growing evidence indicates that what we eat may affect not only our personal health but also that of the environment. The world population is projected to increase to over 9 billion by 2050. The Food and Agricultural Organization (FAO) projects that food and feed production will need to increase by 70% to adequately feed the world's population. Many scientists believe that meat-rich diets and the agricultural practices that support the production of food for these diets negatively affect the environment. For instance, producing food for nonvegetarian diets (especially beef-based diets) uses more water, fossil fuel energy, and acres of farmland than producing food for vegetarian diets.²⁵ Meat-rich diets also cause greater emissions of greenhouse gases, such as carbon dioxide, methane, and nitrous oxide, which are associated with global warming.²⁶ Scientists are concerned that continued population growth may, in turn, decrease agricultural productivity, reduce farmers' incomes, and increase global food insecurity.²⁷

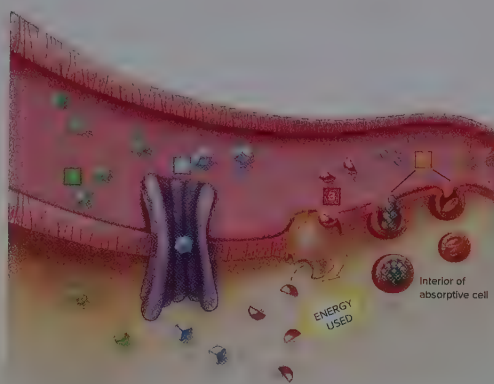
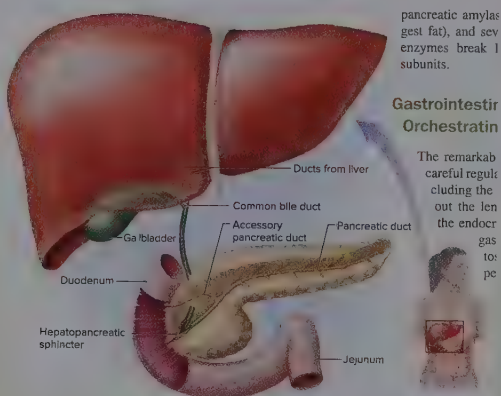
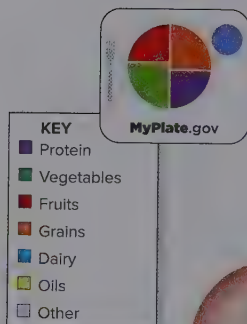
Not all scientists agree with these findings and concerns, however. Some believe that consuming a low-fat vegetarian diet with some dairy products and/or meat may actually increase land use efficiency, thereby protecting environmental resources and promoting food security.²⁸ They point out that high quality farmland is required to grow fruits, vegetables, and grains, whereas meat and dairy products can be produced on the more widely available, lower quality land. Even though diets containing meat use more land, they can feed more people because of the greater availability of lower quality farmland. It appears that diets have different "agricultural land footprints," depending on the amount of plant-based and animal-based food they contain. Supporters of mixed animal/vegetable-based diets point out that vegetarian diets often include tofu and other meat substitutes produced from soy, chickpeas, and lentils. Many meat substitutes are highly processed and require energy-intensive production methods. Thus, including small amounts of meat may offer both environmental and nutritional benefits.

Making Visual Connections

Dynamic, Accurate Artwork

More than 1000 drawings, photographs, and tables in the text were critically analyzed to identify how each could be enhanced and refined to help students more easily master complex scientific concepts.

- Many images were updated or replaced to inspire student inquiry and comprehension and to promote interest and retention of information.
- Many illustrations were redesigned to use brighter colors and a more attractive, contemporary style. Others were fine-tuned to make them clearer and easier to follow. Navigational aids show where a function occurs and put it in perspective of the whole body.
- Coordinated color schemes and drawing styles keep presentations consistent and strengthen the educational value of the artwork. Color-coding and directional arrows in figures make it easier to follow events and reinforce interrelationships.



The Guidelines

Make every bite count with the Dietary Guidelines for Americans. Here's how:

- Follow a healthy dietary pattern at every life stage.** At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.
 - For about the first 6 months of life, exclusively feed infants human milk. Continue to feed infants human milk through at least the first year of life, and longer if desired. Feed infants iron-fortified infant formula during the first year of life when human milk is unavailable. Provide infants with supplemental vitamin D beginning soon after birth.
 - At about 6 months, introduce infants to nutrient-dense complementary foods. Introduce infants to potentially allergenic foods at a young age with other complementary foods. Encourage infants and toddlers to consume a variety of foods from all food groups. Include foods rich in iron and zinc, particularly for infants fed human milk.
 - From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.** A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The Dietary Guidelines provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the U.S.

Key Recommendations

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.**

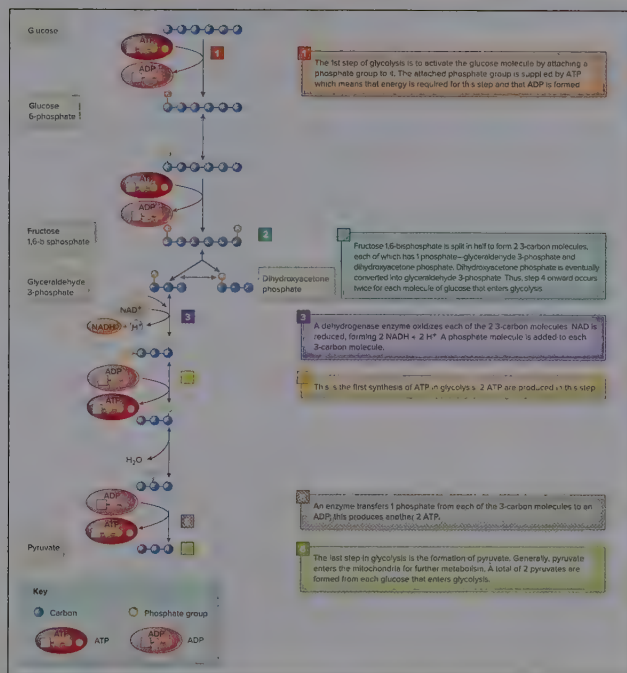
An underlying premise of the Dietary Guidelines is that nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

The core elements that make up a healthy dietary pattern include:

 - Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
 - Fruits, especially whole fruit
 - Grains, at least half of which are whole grain
 - Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
 - Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
 - Oils, including vegetable oils and oils in food, such as seafood and nuts
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.**

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person's daily calorie needs and sodium limits. A healthy dietary pattern doesn't have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited. Limits are:

 - Added sugars**—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
 - Saturated fat**—Less than 10 percent of calories per day starting at age 2.
 - Sodium**—Less than 2,300 milligrams per day—and even less for children younger than age 14.
 - Alcoholic beverages**—Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when a caloric is consumed. Drinking less is better for health than drinking more. There are some adults who should not drink alcohol, such as women who are pregnant.



- In many figures, process descriptions appear in the body of the figure. This pairing of the action and an explanation walks students step-by-step through the process and increases the teaching effectiveness of these figures.
- Intriguing chapter opening photos pique students' curiosity by featuring seemingly unrelated topics that draw connections between the photo and nutrition.
- Finally, a careful comparison of artwork with its corresponding text was done to ensure that they are completely coordinated and consistent. The final result is a striking visual program that holds readers' attention and supports the goals of clarity, ease of comprehension, and critical thinking. The attractive layout and design of this edition are clean, bright, and inviting. This creative presentation of the material is geared toward engaging today's visually oriented students.

Illustrative Chapter Summary

The visual chapter summary continues to reinforce key concepts and promote student engagement and comprehension.

Chapter Summary

4.1 The cell is the basic structural unit of the human body.

Cells join together to make up tissues. The 4 primary types of tissues are epithelial, connective, muscle, and nervous. Tissues unite to form organs, and organs work together as an organ system.



4.2 The GI tract includes the mouth, esophagus, stomach, small intestine, and large intestine.

The GI tract includes the mouth, esophagus, stomach, small intestine, and large intestine. The accessory organs (liver, gallbladder, and pancreas) are an important part of the digestive system. Movement through the GI tract is mainly through muscular contractions known as peristalsis. G contents are moved with segmental contractions. Enzymes are specialized protein molecules that speed up digestion by catalyzing chemical reactions. Most digestive enzymes are synthesized in the small intestine and pancreas. A lack of digestive enzymes can result in poor digestion, poor absorption, malnutrition, and weight loss.

Table 4-2 Overview of GI Tract Digestion and Absorption Functions

Organs	Digestive Functions
Mouth and salivary glands	Prepare food for swallowing; chewing, moistening with saliva Detect taste molecules Start digestion of starch with amylase enzyme

4.3 Chewing food breaks it into small pieces and increases its surface area, which enhances enzyme activity.

Amylase produced by salivary glands digests a small amount of starch. Chewed food mixed with saliva is called a bolus. When swallowing is initiated, the esophagus covers the trachea to prevent food from entering it. Peristalsis moves food down the esophagus. There are 5 basic taste sensations perceived by taste cells on taste buds in the mouth, especially the tongue. General body affects the ability to taste bitter compounds. The sense of smell contributes greatly to flavor perceptions.



4.4 The lower esophageal sphincter protects the esophagus from the backflow of acidic stomach contents.

When this sphincter does not work normally, heartburn and GERD may occur. Stomach cells produce gastric juice (HCl, pepsinogen, mucus, and intrinsic factor). The hormone gastrin triggers hunger and eating. Pepsin from pepsinogen starts the digestion of protein. Mixing of food and gastric juice results in the production of chyme, the liquid substance released in small amounts into the small intestine.



Connecting with the Latest Updates

Global Updates and Changes

- The entire twelfth edition updated, refined, and streamlined to enhance student learning
- Complete Dietary Guidelines update to include 2020–2025 recommendations
- Nutrition Facts panels updated to latest FDA regulations
- Latest Daily Values incorporated in nutrient content charts
- New *Culinary Perspective* features throughout
- Fresh, new art for visual engagement
- People-first language used throughout the text to put the person before diagnosis, such as “a person with alcoholism” rather than “an alcoholic”

Chapter 1, *The Science of Nutrition*

- Updated statistics on leading causes of death
- *Culinary Perspective* featuring fermented foods
- Latest regulatory changes on *trans* fats introduced
- Streamlined and enhanced discussion of functional foods
- Expanded discussion of environmental factors affecting food choices
- Extensive revision of *Healthy People* goals and objectives
- Introduction of the concept of nutrition-focused physical exams
- New discussion on systematic reviews and meta-analyses
- New *Historical Perspective* on Joseph Goldberger
- New figure explaining human genome components

Chapter 2, *Tools of a Healthy Diet*

- Expansion of summary of nutrient claims on food labels table to include omega-3 fatty acid claims
- Enhanced menu labeling *Expert Perspective from the Field*
- *Take Action* updated to include the latest dietary intake recommendations
- Streamlined discussion of MyPlate and international dietary guidance graphic symbols

Chapter 3, *The Food Supply*

- Updated domestic and international food insecurity statistics highlighting the worldwide burden of malnutrition and hunger
- Updated food insecurity map
- Expanded discussion of food sustainability and agrobiodiversity
- New image depicting food sustainability from farm to table
- New *Culinary Perspective* on reducing food waste at the grocery store and home
- Extensive revision of discussion on amending agricultural plant and animal traits via selective breeding, mutagenesis, genetic (transgenic) modification, genome editing, and safety and other concerns

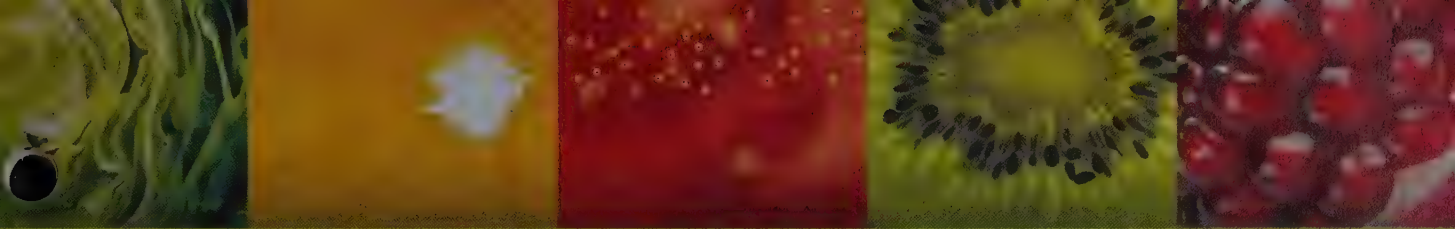
- Expanded discussion of gene editing and illustration to increase comprehension
- Expanded discussion of food nanotechnology
- Latest BPA regulations added
- New non-nutritive sweetener, advantame, introduced
- Latest CDC foodborne illness statistics included
- Enhanced discussion of seafood toxins
- Fully updated discussion of water contamination in Flint, Michigan
- Enhanced *Expert Perspective from the Field* on sustainability in university food service

Chapter 4, *Human Digestion and Absorption*

- Enhanced discussion on structure and function of nasal lining
- Updated procedure for treating choking to new Red Cross recommendations
- Updated *Global Perspective* to include latest global data on child death from diarrhea
- Expanded discussion of probiotics and prebiotics
- Expanded discussion of erosive and non-erosive gastroesophageal reflux disease (GERD) and management
- Fully updated discussion of sugar’s role in nonalcoholic fatty liver disease
- New discussion of effects of opioids on intestinal mobility and constipation
- Irritable bowel disease presentation refined to incorporate probiotics and FODMAP dietary protocol
- New *Take Action* on comparing breads on gluten content
- Celiac disease and non-celiac gluten sensitivity prevalence statistics update

Chapter 5, *Carbohydrates*

- Expanded content on function of pectin
- Typical sources of sweeteners (Table 5-1) expanded to include advantame
- Enhanced discussion of total sugar and added sugar declarations on Nutrition Facts panels
- Updated discussion on 100% fruit juice recommendations
- Addition of health concerns associated with high fructose corn syrup
- Streamlined discussion of non-nutritive (alternative) sweeteners
- Added discussion on advantame
- New *Culinary Perspective* on nutritive sweeteners
- Fully updated *Healthy People* carbohydrate intake goals
- Apps for managing diabetes mellitus introduced



Chapter 6, *Lipids*

- New FDA *trans* fats regulations incorporated
- Enhanced presentation of main sources of fatty acids (Table 6-1)
- Refined *Take Action* on dietary fat content
- New *Culinary Perspective* on phospholipids in food
- Revised discussion of phospholipids to reflect recent research findings on functions
- Table 6-2 enhanced and updated to reflect latest recommendations for fat intake
- New discussion on foods that affect blood cholesterol
- Streamlined *Expert Perspective from the Field* on a healthier approach to eating fats
- Refined fat content of foods chart (Figure 6-10)
- Refined fat absorption illustration to increase comprehension (Figure 6-16)

Chapter 7, *Proteins*

- Enhanced discussion on pulses and legumes
- New *Culinary Perspective* on entomophagy
- Enhanced discussion on high protein diets
- Latest statistics on protein-energy malnutrition incorporated
- New feature on meat sweats
- Revised transaminase enzyme pathway to improve understanding (Figure 7-3)

Chapter 8, *Alcohol*

- Enhanced feature on powdered alcohol
- Streamlined discussion of alcohol metabolism
- Revised *Healthy People* goals regarding alcohol use
- Updated alcohol consumption trends and statistics
- Refined discussion of potential benefits of alcohol intake
- Enhanced discussion of the effects of alcohol abuse on nutritional status
- Extensive revision of alcohol intake around the world
- Dangers of combining alcohol and caffeine added
- Updated cirrhosis section to reflect newest research

Chapter 9, *Energy Metabolism*

- Improved clarity of caption explaining ATP stores and energy (Figure 9-4)
- Extensive revision of aerobic carbohydrate metabolism figure and caption to increase student comprehension (Figure 9-5)
- Increased clarity of ATP production sections for carbohydrates and lipids
- Streamlined discussion of ketosis in diabetes
- Modified disposal of excess amino groups figure and caption to enhance student understanding (Figure 9-17)
- Extensive revision of international incidence of cancer figure (Figure 9-18)

- Revised discussion on ATP concentrations to promote learning
- New *Take Action* on intermittent fasting and metabolism
- Recommendations added from the Advisory Committee on Heritable Disorders in Newborns and Children regarding inborn errors of metabolism
- New discussion of trimethylaminuria in inborn errors of metabolism section

Chapter 10, *Energy Balance, Weight Control, and Eating Disorders*

- Most up-to-date map of obesity rates in the U.S.
- Enhanced discussion of estimated energy requirements
- Revised discussion on measuring body fat content
- Weight control objectives from *Healthy People* updated
- Extensive revision to popular diet approaches to weight control (Table 10-7)
- New *Take Action* on how to spot a fad diet
- Eating disorders section streamlined and updated
- Section on binge eating disorder refined

Chapter 11, *Nutrition, Exercise, and Sports*

- Extensive revision of benefits of exercise section
- Refined discussion of section addressing calorie restriction and protein needs of wrestlers
- Enhanced discussion of boosting glycogen stores
- Expanded discussion of fat needs of athletes
- Enhanced section on ketogenic diets and athletic performance
- Streamlined discussion of calcium intake and relative energy deficiency in sports (REDS)
- Refined discussion of fluid intake and replacement strategies
- New *Culinary Perspective* on sports nutrition in the home kitchen
- Extensive revision of gene doping and editing in sports section

Chapter 12, *The Fat-Soluble Vitamins*

- Amsler grid for macular degeneration added
- Role of lutein in brain development and cognitive function added to carotenoid section
- New figure depicting bioconcentration and vitamin A content
- *Historical Perspective* on rickets added
- Fitzpatrick sun-reactive scale added to discussion of skin type and vitamin D deficiency risk
- Enhanced and updated section on current vitamin D concerns and additional functions
- New *Culinary Perspective* on plant-based milk alternatives
- Expansion of vitamin K functions section
- Refined discussion of dietary supplements prevalence



Chapter 13, *The Water-Soluble Vitamins*

- New *Culinary Perspective* on preserving vitamins in fruits and vegetables
- Updated prevalence of thiamin deficiency in older adults
- Expanded section on riboflavin and plant-based milk alternatives
- Streamlined discussion on thiamin absorption and transport
- New *Culinary Perspective* on cooking methods for enhancing niacin bioavailability
- Updated discussion on pharmacologic use of niacin
- Figure added depicting biotinidase deficiency manifested as hypotonia in infants
- Refined discussion of B-6 metabolism and functions
- New image depicting vitamin B-6 deficiency manifested as seborrheic dermatitis
- Update of neural tube defect prevalence and maternal folate status
- New *Take Action* on energy drinks and B-vitamins
- Expanded discussion of vitamin C and cancer

Chapter 14, *Water and Major Minerals*

- Expanded discussion of medical therapies used to slow bone loss
- Latest bottled water statistics
- Enhanced *Take Action* on calcium intake
- Image of uses of phosphorus beyond nutrient functions
- Figure added to depict the structure of chlorophyll and contributions to magnesium intake
- Art added to illustrate biological sources of sulfur

Chapter 15, *Trace Minerals*

- Streamlined discussion of iron
- New feature on disease-causing bacteria and the need for iron
- Enhanced discussion of zinc
- New *Historical Perspective* on unleavened bread and zinc deficiency
- Streamlined discussion on zinc transport
- Menkes disease, a genetic condition impairing copper transport and utilization, pathology image added
- Extensive revision of iodine deficiency disorders
- Refined *Take Action* on local water supply fluoridation
- Extensive revision of the *Global Perspective* on nutrition
- Expanded discussion of dairy and calcium and cancer risk
- Updated iodine status worldwide map
- Enhanced illustration of heme and nonheme absorption

Chapter 16, *Nutritional Aspects of Pregnancy and Breastfeeding*

- Expanded discussion of folate and vitamin B-12 needs during pregnancy
- Refined section on maternal factors increasing the risk of neural tube defects
- Streamlined discussion of maternal prepregnancy weight
- Refined section on recommendations for maternal weight gain during pregnancy
- Added section on postpartum weight loss
- Expanded discussion of maternal age to include older, first-time mothers
- Expanded discussion of breastfeeding links to reduced diabetes risk

Chapter 17, *Nutrition during the Growing Years*

- Streamlined section on tracking child growth
- Extensive refinement of *Global Perspective* on autism
- Expanded discussion on energy needs during growth
- Expanded discussion on water needs during fever, diarrhea, and vomiting
- Expanded discussion of iron deficiency anemia during the growing years
- Updated American Academy of Pediatrics's vitamin D supplementation for exclusively breastfed infants recommendations
- Extensive revision of nutritional qualities of breast milk section
- New *Culinary Perspective* on homemade baby food added
- Contribution of snacks to children's diets added

Chapter 18, *Nutrition during the Adult Years*

- Updated statistics and figure (Figure 18-1) summarizing life expectancy
- Vitamin D links with Alzheimer disease and other types of dementia added
- Strength training recommendations for older adults expanded and updated
- Expanded exercise guidelines for adults
- Added discussion on effects of dysphagia (trouble swallowing) on dietary status
- Revised *Clinical Perspective* to address drug-nutrient interactions
- Expanded discussion on Alzheimer disease
- New illustration depicting body composition changes with sarcopenia



Acknowledgments

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To our loved ones: Without your patience, understanding, assistance, and encouragement, this work would not have been possible.

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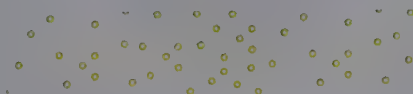
To your health!

Carol Byrd-Bredbenner

Jacqueline Berning

Danita Kelley

Jaclyn Maurer Abbot



Contents

Meet the Author Team iv
Preface v

Part 1 Nutrition Fundamentals 3

1 THE SCIENCE OF NUTRITION 3

1.1 Nutrition Overview 4

Nutrients 4

Phytochemicals and Zoochemicals 8

Culinary Perspective: Fermented Foods 11

1.2 Energy Sources and Uses 11

1.3 The North American Diet 13

What Influences Our Food Choices? 14

Take Action: Why You Eat What You Do 15

1.4 Nutritional Health Status 16

Global Perspective: The Price of Food 17

National Health Objectives 18

Assessing Nutritional Status 18

Limitations of Nutritional Assessment 19

Importance of Being Concerned about
Nutritional Status 20

Getting Nutrition-Related Advice:

The Nutrition Care Process 21

*Clinical Perspective: Genetics and
Nutrition 22*

*Take Action: Create Your Family Tree for
Health-Related Concerns 26*

1.5 Using Scientific Research to Determine Nutrient Needs 26

Making Observations and Generating
Hypotheses 27

Laboratory Animal

Experiments 29

Human Experiments 29

1.6 Evaluating Nutrition Claims and Products 33

Buying Nutrition-Related
Products 33

Chapter Summary 35

Study Questions 37

References 39



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2 TOOLS OF A HEALTHY DIET 41

2.1 Dietary Reference Intakes (DRIs) 42

Estimated Average Requirements

(EARs) 42

Recommended Dietary Allowances

(RDAs) 43

Adequate Intakes (AIs) 44

Tolerable Upper Intake Levels (Upper
Levels, or ULs) 44

Estimated Energy Requirements
(EERs) 44

Acceptable Macronutrient Distribution
Ranges (AMDRs) 44

Appropriate Uses of the DRIs 45

Putting the DRIs into Action to Determine
the Nutrient Density of Foods 45

2.2 Daily Values (DVs) 47

Reference Daily Intakes (RDIs) 47

Daily Reference Values (DRVs) 47

Putting the Daily Values into Action on
Nutrition Facts Panels 47

*Take Action: Applying the Nutrition Facts Label
to Your Daily Food Choices 54*

*Global Perspective: Front-of-Package Nutrition
Labeling 55*

2.3 Nutrient Composition of Foods 55

Putting Nutrient Databases into Action to
Determine Energy Density and Dietary
Intake 56

*Expert Perspective from the Field: Menu
Labeling: How Many Calories Are in
That? 57*

2.4 Dietary Guidelines for Americans 58

Putting the Dietary Guidelines into
Action 60

*Take Action: Are You Putting the Dietary
Guidelines into Practice? 62*

2.5 MyPlate 62

Putting MyPlate into Action 63

Rating Your Current Diet 68

*Take Action: Does Your Diet Meet MyPlate
Recommendations? 69*

Chapter Summary 70

Study Questions 72

References 73

3 THE FOOD SUPPLY 75

3.1 Food Availability and Access 76

Health Consequences of Malnutrition and Food Insecurity 76

Food Insecurity in the U.S. 77

Programs to Increase Food Security in the U.S. 78

Food Insecurity and Malnutrition in the

World's Developing Regions 80

Culinary Perspective: Reducing Food Waste at the Grocery Store and Home 83

3.2 Food Production 84

Organic Foods 84

Amending Agricultural Plant and Animal Traits 85

3.3 Food Preservation and Processing 89

Food Irradiation 90

Food Nanotechnology 90

Food Additives 90

Take Action: A Closer Look at Food Additives 94

3.4 Food and Water Safety 94

Foodborne Illness Overview 94

Microbial Pathogens 95

Water Safety 104

Preventing Foodborne and Waterborne Illnesses 105

Take Action: Check Your Food Safety Skills 108

Global Perspective: Traveler's Diarrhea 109

Clinical Perspective: Foodborne Illness Can Be Deadly 110

3.5 Environmental Contaminants in Foods 111

Lead 111

Arsenic 111

Dioxins and Polychlorinated Biphenyls (PCBs) 111

Mercury 112

Pesticides and Antibiotics 112

Expert Perspective from the Field:

Sustainability in University Food Service 116

Chapter Summary 117

Study Questions 119

References 120



4 HUMAN DIGESTION AND ABSORPTION 123

4.1 Organization of the Human Body 124

4.2 Digestive System Overview 128

Anatomy of the GI Tract 129

GI Motility: Mixing and Propulsion 130

Digestive Enzymes and Other Secretions 130

4.3 Moving through the GI Tract: Mouth and Esophagus 132

Taste and Smell 132

Swallowing 133

4.4 Moving through the GI Tract: Stomach 134

4.5 Moving through the GI Tract: Small Intestine and Accessory Organs 136

Liver, Gallbladder, and Pancreas 137

Gastrointestinal Hormones: A Key to Orchestrating Digestion 138

Absorption in the Small Intestine 139

Global Perspective: Diarrhea in Infants and Children 141

4.6 Moving Nutrients around the Body: Circulatory Systems 142

Cardiovascular System 143

Lymphatic System 143

4.7 Moving through the GI Tract: Large Intestine 143

Gut Microbiota 144

Absorption of Water and Electrolytes 146

Elimination of Feces 146

4.8 When Digestive Processes Go Awry 147

Heartburn and Gastroesophageal Reflux Disease 147

Ulcers 148

Nonalcoholic Fatty Liver Disease 149

Gallstones 149

Food Intolerances 150

Intestinal Gas 150

Expert Perspective from the Field: Gluten-Related Disorders: Celiac Disease and Non-celiac Gluten Sensitivity 151

Clinical Perspective: FODMAPs 152

Constipation 153

Diarrhea 154

Irritable Bowel Syndrome 154

Take Action: Comparing Breads: With and Without Gluten 155

Inflammatory Bowel Disease 155

Hemorrhoids 156

Take Action: Are You Eating for a Healthy Digestive System? 157

Chapter Summary 158

Study Questions 160

References 162

Part 2 Energy-Yielding Nutrients and Alcohol 165

5 CARBOHYDRATES 165

5.1 Structures of Carbohydrates 166

Monosaccharides: Glucose, Fructose, Galactose, Sugar Alcohols, and Pentoses 166

Disaccharides: Maltose, Sucrose, and Lactose 168

Oligosaccharides: Raffinose and Stachyose 169

Polysaccharides: Starch, Glycogen, and Fiber 169

5.2 Carbohydrates in Foods 173

Starch 173

Fiber 173

Nutritive Sweeteners 173

Non-nutritive (Alternative) Sweeteners 175

Culinary Perspective: Comparing Nutritive Sweeteners—What's the Best Sugar? 177

5.3 Recommended Intake of Carbohydrates 178

Our Carbohydrate Intake 178

Take Action: Estimate Your Fiber Intake 182

5.4 Functions of Carbohydrates in the Body 183

Digestible Carbohydrates 183

Indigestible Carbohydrates 184

Expert Perspective from the Field: Taxing Sugar-Sweetened Beverages 185

5.5 Carbohydrate Digestion and Absorption 186

Digestion 186

Absorption 187

5.6 Health Concerns Related to Carbohydrate Intake 188

Very High Fiber Diets 188

High Sugar Diets 189

Lactose Intolerance 190

Glucose Intolerance 190

Clinical Perspective: Diabetes Mellitus 193

Glycemic Index and Glycemic Load 196

Chapter Summary 198

Study Questions 200

References 201

6 LIPIDS 203

6.1 Triglycerides 204

Structure 204

Naming Fatty Acids 206

Essential Fatty Acids 207

6.2 Food Sources of Triglycerides 208

Hidden Fats 210

Fat Replacements 210

Take Action: Is Your Diet High in Saturated and Total Fat? 211

6.3 Functions of Triglycerides 212

Provide Energy 212

Provide Compact Energy Storage 212

Insulate and Protect the Body 212

Aid Fat-Soluble Vitamin Absorption and Transport 213

Essential Fatty Acid Functions 213

6.4 Phospholipids 214

Phospholipid Functions 214

Sources of Phospholipids 214

Culinary Perspective: Phospholipids in Food 216

6.5 Sterols 217

Sterol Functions 217

Sources of Sterols 217

6.6 Recommended Fat Intakes 218

Mediterranean Diet 219

Essential Fatty Acid Needs 219

Our Fat Intake 219

6.7 Fat Digestion and Absorption 220

Digestion 220

Absorption 222



6.8 Transporting Lipids in the Blood 223

- Transporting Dietary Lipids Utilizes Chylomicrons 223
- Transporting Lipids Mostly Made by the Body Utilizes Very-Low-Density Lipoproteins 226
- LDL Removal from the Blood 226
- HDL's Role in Removing Blood LDL 227

6.9 Health Concerns Related to Fat Intake 227

- High Polyunsaturated Fat Intake 227
- Excessive Omega-3 Fatty Acid Intake 227
- Imbalances in Omega-3 and Omega-6 Fatty Acids 228
- Intake of Rancid Fats 228
- Diets High in *Trans* Fat 228

Expert Perspective from the Field: A Healthier Approach to Eating Fats 229

Take Action:

- Understanding Your Lipid Blood Test (Lipid Panel) 230*
- Diets High in Total Fat 231

Clinical Perspective: Cardiovascular Disease (CVD) 232

- Chapter Summary 236
- Study Questions 238
- References 239



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7 PROTEINS 241**7.1 Structure of Proteins 242**

- Amino Acids 242
- Synthesis of Nonessential Amino Acids 243
- Amino Acid Composition: Complete and Incomplete Proteins 244

7.2 Synthesis of Proteins 245

- Transcription and Translation of Genetic Information 245
- Protein Organization 247
- Denaturation of Proteins 248
- Adaptation of Protein Synthesis to Changing Conditions 248

7.3 Sources of Protein 248

- Evaluation of Food Protein Quality 249
- Culinary Perspective: Entomophagy 252*

7.4 Nitrogen Balance 253

- Recommended Intakes of Protein 255

Take Action: Meeting Protein Needs When Dieting to Lose Weight 255

7.5 Protein Digestion and Absorption 256**7.6 Functions of Proteins 258**

- Producing Vital Body Structures 258
- Maintaining Fluid Balance 258
- Contributing to Acid-Base Balance 259
- Forming Hormones, Enzymes, and Neurotransmitters 260
- Contributing to Immune Function 260

Expert Perspective from the Field: Nutrition and Immunity 261

- Transporting Nutrients 262
- Forming Glucose 262
- Providing Energy 262

7.7 Health Concerns Related to Protein Intake 262

- Protein-Energy Malnutrition 263
- High Protein Diets 264

7.8 Vegetarian Diets 265

- Clinical Perspective: Food Protein Allergies 266*
- Global Perspective: How Big Is Your Food Print? 267*

Take Action: Protein and the Vegan 269

- Special Concerns for Infants and Children 270

Chapter Summary 272

Study Questions 274

References 275

8 ALCOHOL 277**8.1 Sources of Alcohol 278**

- Production of Alcoholic Beverages 279
- Culinary Perspective: Cooking with Alcohol 280*

8.2 Alcohol Absorption and Metabolism 281

- Alcohol Metabolism: 3 Pathways 281

8.3 Alcohol Consumption 284

- College and Underage Drinking 284

Take Action: Alcohol and Driving 285

8.4 Health Effects of Alcohol 285

- Guidance for Using Alcohol Safely 286
- Potential Benefits of Alcohol Intake 286
- Risks of Excessive Alcohol Intake 287
- Effects of Alcohol Abuse on Nutritional Status 289

- Alcohol Consumption during Pregnancy and Breastfeeding 291

Global Perspective: Alcohol Intake around the World 292

8.5 Alcohol Use Disorders 293

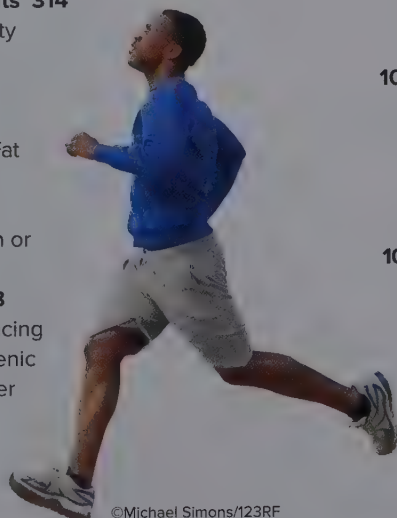
- Genetic Influences 294

Effect of Biological Sex	294
Age of Onset of Drinking	294
Ethnicity and Alcohol Use	294
Mental Health and Alcohol Use	295
The Economic Costs of Alcohol Abuse	295
<i>Clinical Perspective: Treatment of Alcohol Use Disorders</i>	296
<i>Take Action: Do You Know Why These Are Alcohol Myths?</i>	297
Chapter Summary	298
Study Questions	300
References	301

Part 3 Metabolism and Energy Balance 303

9 ENERGY METABOLISM 303

9.1 Metabolism: Chemical Reactions in the Body	304
Converting Food into Energy	304
Oxidation-Reduction Reactions: Key Processes in Energy Metabolism	306
9.2 ATP Production from Carbohydrates	307
Glycolysis	308
Transition Reaction: Synthesis of Acetyl-CoA	308
Citric Acid Cycle	310
Electron Transport Chain	310
The Importance of Oxygen	311
Anaerobic Metabolism	312
9.3 ATP Production from Fats	314
ATP Production from Fatty Acids	314
Carbohydrate Aids Fat Metabolism	316
Ketones: By-products of Fat Catabolism	316
Ketosis in Diabetes	316
Ketosis in Semistarvation or Fasting	316
9.4 Protein Metabolism	318
Gluconeogenesis: Producing Glucose from Glucogenic Amino Acids and Other Compounds	319
Gluconeogenesis from Typical Fatty Acids	319
Is Not Possible	319



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Disposal of Excess Amino Groups from Amino Acid Metabolism	319
<i>Global Perspective: Cancer Cell Metabolism</i>	320
9.5 Alcohol Metabolism	321
9.6 Regulation of Energy Metabolism	322
The Liver	324
ATP Concentrations	324
Enzymes, Hormones, Vitamins, and Minerals	324
9.7 Fasting and Feasting	325
Fasting	325
Feasting	326
<i>Take Action: Intermittent Fasting and Metabolism</i>	328
<i>Clinical Perspective: Inborn Errors of Metabolism</i>	329
<i>Take Action: Newborn Screening in Your State</i>	330
Chapter Summary	331
Study Questions	333
References	334

10 ENERGY BALANCE, WEIGHT CONTROL, AND EATING DISORDERS 337

10.1 Energy Balance	338
Energy Intake	339
Energy Expenditure	340
10.2 Measuring Energy Expenditure	342
10.3 Eating Behavior Regulation	344
10.4 Estimating Body Weight and Composition	346
Body Mass Index	346
Measuring Body Fat Content	346
Assessing Body Fat Distribution	348
10.5 Factors Affecting Body Weight and Composition	350
Role of Genetics	350
Role of Environment	351
Genetic and Environmental Synergy	352
Diseases and Disorders	352
10.6 Treatment of Overweight and Obesity	353
Control of Energy Intake	355
Regular Physical Activity	355
Control of Problem Behaviors	357
<i>Expert Perspective from the Field: Tailoring a Healthy Eating Plan to Fit Your Lifestyle</i>	359
Weight Loss Maintenance	360
10.7 Fad Diets	360
<i>Take Action: How to Spot a Fad Diet</i>	361

Clinical Perspective: Professional Help for Weight Control 364

Take Action: Changing for the Better 366

10.8 Eating Disorders 368

Prevalence and Susceptibility 368

Anorexia Nervosa 369

Bulimia Nervosa 372

Binge Eating Disorder 374

Other Specified Feeding and Eating Disorders (OSFED) 375

Other Related Conditions 376

Prevention of Eating Disorders 376

Take Action: Assessing Risk of Developing an Eating Disorder 377

Chapter Summary 378

Study Questions 380

References 381

11 NUTRITION, EXERCISE, AND SPORTS 383

11.1 Benefits of Fitness 384

11.2 Characteristics of a Good Fitness Program 385

Mode 385

Duration 385

Frequency 385

Intensity 385

Progression 387

Consistency 387

Variety 387

Achievement and Maintenance of Fitness 387

11.3 Energy Sources for Muscle Use 389

ATP: Immediately Usable Energy 389

Phosphocreatine: Initial Resupply of Muscle ATP 389

Take Action: How Physically Fit Are You? 390

Carbohydrate: Major Fuel for Short-Term, High-Intensity, and Medium-Term Exercise 393

Fat: Main Fuel for Prolonged, Low-Intensity Exercise 396

Protein: A Minor Fuel Source during Exercise 397

Fuel Use and $\text{VO}_{2\text{max}}$ 398

11.4 The Body's Response to Physical Activity 399

Specialized Functions of Skeletal Muscle Fiber Types 399

Adaptation of Muscles and Body Physiology to Exercise 399

11.5 Power Food: Dietary Advice for Athletes 400

Energy Needs 400

Carbohydrate Needs 401

Fat Needs 403

Protein Needs 404

Take Action: Meeting the Protein Needs of an Athlete: A Case Study 405

Vitamin and Mineral Needs 406

11.6 Fluid Needs for Active Individuals 407

Fluid Intake and Replacement

Strategies 409

Water Intoxication 409

Sports Drinks 410

11.7 Food and Fluid Intake before, during, and after Exercise 410

Pre-exercise Meal 410

Fueling during Exercise 411

Recovery Meals 412

Culinary Perspective: Sports Nutrition in the Home Kitchen 413

Global Perspective: Gene Doping and Editing in the Wide World of Sports 413

11.8 Ergogenic Aids to Enhance Athletic Performance 414

Chapter Summary 417

Study Questions 419

References 420

Part 4 Vitamins and Minerals 423

12 THE FAT-SOLUBLE VITAMINS 423

12.1 Vitamins: Essential Dietary Components 424

Absorption of Vitamins 424

Malabsorption of Vitamins 424



- Transport of Vitamins 425
- Storage of Vitamins in the Body 425
- Vitamin Toxicity 426
- 12.2 Vitamin A 426**
 - Vitamin A in Foods 427
 - Vitamin A Needs 428
 - Absorption, Transport, Storage, and Excretion of Vitamin A 429
 - Functions of Vitamin A (Retinoids) 430
 - Carotenoid Functions 431
 - Vitamin A Deficiency Diseases 433
 - Vitamin A Toxicity 434

12.3 Vitamin D 435

- Global Perspective: Vitamin A Deficiency* 436
- Vitamin D₂ in Foods 437
- Vitamin D₃ Formation in the Skin 437
- Vitamin D Needs 438
- Absorption, Transport, Storage, and Excretion of Vitamin D 438
- Functions of Vitamin D 440
- Vitamin D Deficiency Diseases 442
- Vitamin D Toxicity 442

Culinary Perspective: Plant-Based Milk Alternatives 443

12.4 Vitamin E 444

- Vitamin E in Foods 444
- Vitamin E Needs 444
- Absorption, Transport, Storage, and Excretion of Vitamin E 445
- Functions of Vitamin E 445
- Vitamin E Deficiency 446
- Vitamin E Toxicity 447

12.5 Vitamin K 447

- Vitamin K Sources 447
- Vitamin K Needs 448
- Absorption, Transport, Storage, and Excretion of Vitamin K 448
- Functions of Vitamin K 448
- Vitamin K Deficiency 449

Take Action: Does Your Fat-Soluble Vitamin Intake Add Up? 450

Vitamin K Toxicity 450

12.6 Dietary Supplements: Healthful or Harmful? 452

Take Action: A Closer Look at Supplements 454

Chapter Summary 455

Study Questions 457

References 458

13 THE WATER-SOLUBLE VITAMINS 461

13.1 Water-Soluble Vitamin Overview 462

Culinary Perspective: Tips for Preserving Vitamins in Fruits and Vegetables 463

Coenzymes: A Common Role of B-Vitamins 463

Enrichment and Fortification of Grains 465

13.2 Thiamin 466

- Thiamin in Foods 466
- Thiamin Needs and Upper Level 466
- Absorption, Transport, Storage, and Excretion of Thiamin 467
- Functions of Thiamin 467
- Thiamin Deficiency 468

13.3 Riboflavin 469

- Riboflavin in Foods 469
- Riboflavin Needs and Upper Level 469
- Absorption, Transport, Storage, and Excretion of Riboflavin 470
- Functions of Riboflavin 470
- Riboflavin Deficiency 471

13.4 Niacin 472

- Niacin in Foods 472
- Niacin Needs and Upper Level 473
- Absorption, Transport, Storage, and Excretion of Niacin 473

Culinary Perspective: Cooking Method Enhances Niacin Bioavailability 474

Functions of Niacin 474

Niacin Deficiency 474

Pharmacologic Use of Niacin 476

13.5 Pantothenic Acid 476

- Pantothenic Acid in Foods 477
- Pantothenic Acid Needs and Upper Level 478
- Absorption, Transport, Storage, and Excretion of Pantothenic Acid 478
- Functions of Pantothenic Acid 478
- Pantothenic Acid Deficiency 478



13.6 Biotin 479

Sources of Biotin: Food and Microbial
Synthesis 479

Biotin Needs and Upper Level 479

Absorption, Transport, Storage, and
Excretion of Biotin 480

Functions of Biotin 480

Biotin Deficiency 480

13.7 Vitamin B-6 481

Vitamin B-6 in Foods 481

Vitamin B-6 Needs and Upper Level 482

Absorption, Transport, Storage, and
Excretion of Vitamin B-6 482

Functions of Vitamin B-6 482

Vitamin B-6 Deficiency 483

Pharmacologic Use of Vitamin B-6 483

13.8 Folate 484

Folate in Foods 484

Dietary Folate Equivalents 485

Folate Needs 485

Upper Level for Folate 485

Absorption, Transport, Storage,
and Excretion of Folate 485

*Culinary Perspective: Beans, Lentils,
and Dried Peas 486*

Functions of Folate 486

*Clinical Perspective: Folate and the
Cancer Drug Methotrexate 487*

Folate Deficiency 488

*Clinical Perspective: Neural Tube
Defects 490*

13.9 Vitamin B-12 491

Vitamin B-12 in Foods 491

Vitamin B-12 Needs and Upper Level 492

Absorption, Transport, Storage, and
Excretion of Vitamin B-12 492

Functions of Vitamin B-12 493

Vitamin B-12 Deficiency 493

13.10 Choline 495

Choline in Foods 495

Choline Needs and Upper Level 495

Absorption, Transport, Storage, and
Excretion of Choline 496

Functions of Choline 496

Choline Deficiency 497

Take Action: Energy Drinks with B-Vitamins 497

13.11 Vitamin C 498

Vitamin C in Foods 498

Vitamin C Needs 498

Upper Level for Vitamin C 499

Absorption, Transport, Storage, and
Excretion of Vitamin C 499

Functions of Vitamin C 499

Vitamin C Deficiency 501

Vitamin C Intake above the RDA 503

Take Action: Spotting Fraudulent

*Claims for Vitamins and Vitamin-like
Substances 504*

Chapter Summary 505

Study Questions 507

References 508

14 WATER AND MAJOR MINERALS 511**14.1 Water 512**

Water in the Body: Intracellular and
Extracellular Fluids 512

Functions of Water 515

Water in Beverages and Foods 516

Water Needs 518

Regulation of Water Balance 519

Global Perspective: Water for Everyone 523

14.2 Overview of Minerals 524

Food Sources of Minerals 524

Absorption and Bioavailability of
Minerals 525

Transport and Storage of Minerals 526

Excretion of Minerals 526

Functions of Minerals 526

Mineral Deficiencies 527

Mineral Toxicity 527

14.3 Sodium (Na) 527

Sodium in Foods 527

*Culinary Perspective: Sea and Specialty
Salts 528*

Sodium Needs 529

Absorption, Transport, Storage, and
Excretion of Sodium 530

Functions of Sodium 530

Sodium Deficiency 530

Excess Sodium Intake and Upper
Level 531

14.4 Potassium (K) 532

Potassium in Foods 532

Potassium Needs 533

Absorption, Transport, Storage, and
Excretion of Potassium 533

Functions of Potassium 533

Potassium Deficiency 533

Excess Potassium and Upper
Level 534

14.5 Chloride (Cl) 534

Chloride in Foods 534

Chloride Needs 535



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Absorption, Transport, Storage, and
Excretion of Chloride 535

Functions of Chloride 535

Chloride Deficiency 535

Upper Level for Chloride 535

*Clinical Perspective: Hypertension and
Nutrition 536*

14.6 Calcium (Ca) 539

Calcium in Foods 540

Calcium Needs 541

Calcium Supplements 542

Calcium Absorption, Transport, Storage,
Regulation, and Excretion 542

Functions of Calcium 544

Take Action: Estimate Your Calcium Intake 547

Clinical Perspective: Osteoporosis 548

Take Action: Bone Health 551

Potential Health Benefits of Calcium 551

Upper Level for Calcium 551

14.7 Phosphorus (P) 552

Phosphorus in Foods 552

Phosphorus Needs 552

Absorption, Transport, Storage, and
Excretion of Phosphorus 552

Functions of Phosphorus 553

Phosphorus Deficiency 553

Toxicity and Upper Level for
Phosphorus 553

14.8 Magnesium (Mg) 553

Magnesium in Foods 553

Magnesium Needs 554

Absorption, Transport, Storage, and
Excretion of Magnesium 554

Functions of Magnesium 555

Magnesium Deficiency 555

Upper Level for Magnesium 556

14.9 Sulfur (S) 556

Chapter Summary 558

Study Questions 560

References 562

15 TRACE MINERALS 565

15.1 Iron (Fe) 566

Iron in Foods 566

Iron Needs 566

Absorption, Transport, Storage, and
Excretion of Iron 567

Functions of Iron 569

Iron Deficiency 571

Iron Overload and Toxicity 572

15.2 Zinc (Zn) 573

Zinc in Foods 573

Dietary Needs for Zinc 574

Absorption, Transport, Storage, and
Excretion of Zinc 574

Functions of Zinc 574

Zinc Deficiency 575

Zinc Toxicity 575

*Take Action: Iron and Zinc Intake in a Sample
Vegan Diet*

15.3 Copper (Cu) 576

Copper in Foods 576

Dietary Needs for Copper 576

Absorption, Transport, Storage, and
Excretion of Copper 577

Functions of Copper 577

Copper Deficiency 578

Copper Toxicity 578

15.4 Manganese (Mn) 578

Manganese in Foods 578

Dietary Needs for Manganese 579

Absorption, Transport, Storage, and
Excretion of Manganese 579

Functions of Manganese 579

Manganese Deficiency and
Toxicity 579

15.5 Iodine (I) 580

Iodine in Foods 580

Dietary Needs for Iodine 581

Absorption, Transport, Storage, and
Excretion of Iodine 581

Functions of Iodine 581

Iodine Deficiency Disorders (IDD) 581

Iodine Toxicity 582

15.6 Selenium (Se) 584

Selenium in Foods 584

Dietary Needs for Selenium 585

Absorption, Transport, Storage, and
Excretion of Selenium 585

Functions of Selenium 585

Selenium Deficiency 586

Selenium Toxicity 586



15.7 Chromium (Cr) 587

Chromium in Foods 587
 Dietary Needs for Chromium 587
 Absorption, Transport, Storage, and
 Excretion of Chromium 587
 Functions of Chromium 587
 Chromium Deficiency and Toxicity 587

15.8 Fluoride (F) 588

Fluoride in Foods 588
 Dietary Needs for Fluoride 589
 Absorption, Transport, Storage, and
 Excretion of Fluoride 589
 Functions of Fluoride 589
 Fluoride Deficiency and Toxicity 589

*Take Action: Is Your Local Water Supply
 Fluoridated?* 591

15.9 Molybdenum (Mo) and Ultratrace Minerals 591

Global Perspective: Global Nutrition Actions 592
*Clinical Perspective: Nutrients, Diet, and
 Cancer* 593

Chapter Summary 596

Study Questions 598

References 599

Pregnant Women Do Not
 Have an Instinctive Drive
 to Consume More Nutrients 612

16.3 Diet and Exercise Plan for Pregnancy 613

Prenatal Vitamin and Mineral
 Supplements 615
 Physical Activity during Pregnancy 615
*Global Perspective: Pregnancy and
 Malnutrition* 616

16.4 Maternal Weight and Pregnancy Outcome 617

Maternal Prepregnancy Weight 617
 Recommendations for Maternal
 Weight Gain 617
 Pattern of Maternal Weight Gain 619
 Postpartum Weight Loss 619

16.5 Nutrition-Related Factors Affecting Pregnancy Outcome 620

Maternal Age 620
 Maternal Eating Patterns 620
 Maternal Health 621
 Maternal Sociocultural Factors 623
 Maternal Food Supply 623
 Maternal Lifestyle 624

*Take Action: Healthy Diets for Pregnant
 Women* 626

*Clinical Perspective: Nutrition-Related
 Physiological Changes of Concern during
 Pregnancy* 627

16.6 Lactation 629

Milk Production 629

16.7 Nutrient Needs of Breastfeeding Women 631

Maternal Nutritional Status 631
 Food Choices during Lactation 632

16.8 Factors Affecting Lactation 633

Maternal Weight 633
 Maternal Age 633
 Maternal Eating Patterns 633
 Maternal and Infant Health 633
 Sociocultural Factors 634
 Maternal Food Supply 635
 Maternal Lifestyle Choices 635

*Take Action: Investigating
 Breastfeeding* 636

Chapter Summary 637

Study Questions 639

References 640

Part 5 Nutrition Applications in the Life Cycle 601

16 NUTRITIONAL ASPECTS OF PREGNANCY AND BREASTFEEDING 601

16.1 Pregnancy 602

Prenatal Developmental
 Stages: Conception,
 Zygotic, Embryonic,
 and Fetal 603
 Nourishing the Zygote,
 Embryo, and
 Fetus 607

16.2 Nutrient Needs of Pregnant Women 608

Energy Needs 609
 Nutrients Needed for Building
 New Cells 610
 Nutrients Needed for
 Bone and Tooth
 Development 612



17 NUTRITION DURING THE GROWING YEARS 643

17.1 Growing Up 644

Height and Weight 644
Body Composition 645
Body Organs and Systems 645

17.2 Physical Growth 646

Tracking Growth 646
Using Growth Chart Information 648

17.3 Nutrient Needs 649

Global Perspective: Autism 650

Energy 650
Protein 650
Fat 651
Carbohydrate 651
Water 651
Vitamins and Minerals 652

17.4 Feeding Babies: Human Milk and Formula 654

Nutritional Qualities of Human Milk 654
Nutritional Qualities of Infant Formula 656
Comparing Human Milk and Infant Formula 656
Feeding Technique 657
Preparing Bottles 658

17.5 Feeding Babies: Adding Solid Foods 660

Deciding When to Introduce Solid Foods 660
Rate for Introducing Solid Foods 662
Sequence for Introducing Solid Foods 662
Weaning from the Breast or Bottle 664
Learning to Self-feed 664

Culinary Perspective: Homemade Baby Food Made Easy 665

Clinical Perspective: Potential Nutrition-Related Problems of Infancy 666

17.6 Children as Eaters 667

Appetites 668
When, What, and How Much to Serve 669
Food Preferences 670
Mealtime Challenges 671

Take Action: Getting Young Bill to Eat 672

Clinical Perspective: Potential Nutrition-Related Problems of Childhood 673

17.7 Teenage Eating Patterns 675

Factors Affecting Teens' Food Choices 675
Helping Teens Eat More Nutritious Foods 676

Take Action: Evaluating a Teen Lunch 677

Clinical Perspective: Potential Nutrition-Related Problems of Adolescence 678

Chapter Summary 679

Study Questions 681

References 682

18 NUTRITION DURING THE ADULT YEARS 685

18.1 Physical and Physiological Changes during Adulthood 686

Usual and Successful Aging 688
Factors Affecting the Rate of Aging 688

Take Action: Stop the Clock! Are You Aging Healthfully? 690

18.2 Nutrient Needs during Adulthood 691

Defining Nutrient Needs 692

18.3 Factors Influencing Food Intake and Nutrient Needs 696

Physical and Physiological Factors 696

Clinical Perspective: Drug-Nutrient Interactions 704

Psychosocial Factors 704
Economic Factors 706

18.4 Nutrition Assistance Programs 707

18.5 Nutrition-Related Health Issues of the Adult Years 708

Alcohol Use 708
Slowed Restoration of Homeostasis 709
Alzheimer Disease 709
Arthritis 710

Take Action: Helping Older Adults Eat Better 711

Clinical Perspective: Complementary and Alternative Health Approaches 712

Chapter Summary 716

Study Questions 718

References 719

Appendices

A Human Physiology: A Tool for Understanding Nutrition A-1

B Chemistry: A Tool for Understanding Nutrition A-25

C Detailed Depictions of Glycolysis, Citric Acid Cycle, Electron Transport Chain, Classes of Eicosanoids, and Homocysteine Metabolism A-47

D Dietary Advice for Canadians A-54

E The Food Lists for Diabetes: A Helpful Menu Planning Tool A-58

F Fatty Acids, Including Omega-3 Fatty Acids, in Foods A-71

G Metropolitan Life Insurance Company Height-Weight Table and Determination of Frame Size A-73

H English-Metric Conversions and Nutrition Calculations A-75

I Caffeine Content of Beverages, Foods, and Over-the-Counter Drugs A-80

J Dietary Reference Intakes (DRIs) A-82

K CDC Growth Charts A-94

L Sources of Nutrition Information A-103

M Dietary Intake and Energy Expenditure Assessment A-106

Glossary Terms G-1

Index I-1



Tomatoes are a versatile vegetable that can be used in a variety of ways. They can be eaten raw, cooked, or used in a variety of recipes. Tomatoes are also a good source of vitamins and minerals.

1

The Science
of Nutrition

Learning Objectives

After studying this chapter, you will be able to

1. Define the terms *nutrition*, *carbohydrates*, *proteins*, *lipids* (fats and oils), *vitamins*, *minerals*, *water*, and *calories*.
2. Use the physiological fuel values of energy-yielding nutrients to determine the total energy content (calories) in a food or diet.
3. Describe the major characteristics of the North American diet and the food behaviors that often need improvement.
4. Describe the factors that affect our food choices.
5. Discuss the components and limitations of nutritional assessment.
6. List the attributes of lifestyles that are consistent with *Healthy People* goals and those that contribute to the leading causes of death in North America.
7. Describe the role of genetics in the development of nutrition-related diseases.
8. Explain how the scientific method is used in developing hypotheses and theories in the field of nutrition.
9. Identify reliable sources of nutrition information.

Chapter Outline

1.1 Nutrition Overview

Culinary Perspective: Fermented Foods

1.2 Energy Sources and Uses

1.3 The North American Diet

1.4 Nutritional Health Status

Global Perspective: The Price of Food

Clinical Perspective: Genetics and Nutrition

1.5 Using Scientific Research to Determine Nutrient Needs

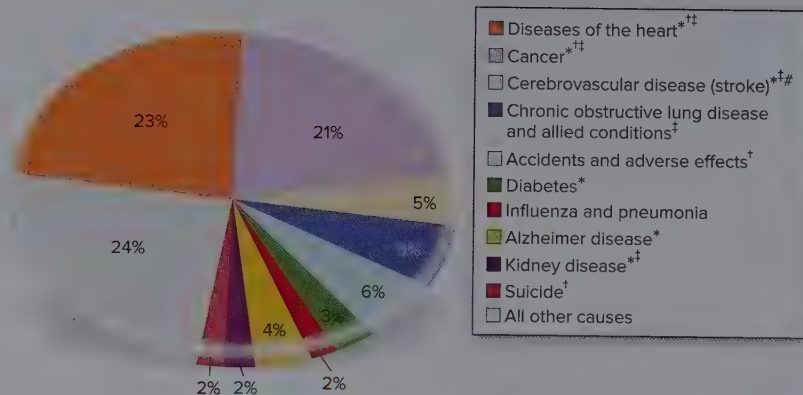
1.6 Evaluating Nutrition Claims and Products

IN OUR LIFETIMES, WE WILL eat about 60 tons of food served at 70,000 meals and countless snacks. Research over the last 50 years has shown that the foods we eat have a profound impact on our health and longevity. A healthy diet—especially one rich in fruits and vegetables—coupled with frequent exercise can prevent and treat many age-related diseases.¹ In contrast, eating a poor diet and getting too little exercise are **risk factors** for many common life-threatening, chronic diseases, such as cardiovascular (heart) disease, diabetes, and certain forms of cancer.^{2,3} Another diet-related problem, drinking too much alcohol, can impair nutritional status and is associated with liver disease, some forms of cancer, accidents, and suicides. As you can see in Figure 1-1, diet plays a role in the development of most of the leading causes of death in the U.S. The combination of poor diet and too little physical activity contributes to well over half of these deaths.^{3,4}

We live longer than our ancestors did, so preventing age-related diseases is more important now than ever before. Today, many people want to know more about how nutritious dietary choices can bring the goal of a long, healthy life within reach.⁵ They may wonder what the best dietary choices are, how nutrients contribute to health, or if multivitamin and mineral supplements are needed. How can people know if they are eating too much saturated fat, *trans* fat, or cholesterol? Why are carbohydrates important? Is it possible to get too much protein?

Figure 1-1 Leading causes of death in the U.S. The major health problems in North America are largely caused by a poor diet, excessive energy intake, and not enough physical activity. (Percentages do not total 100% due to rounding.)

Source: From Centers for Disease Control and Prevention, National vital Statistics Report, Canadian Statistics are quite similar.



*Causes of death in which diet plays a part

†Causes of death in which excessive alcohol consumption plays a part

‡Causes of death in which tobacco use plays a part

#Diseases of the heart and cerebrovascular disease are included in the more global term *cardiovascular disease*.

► Bold terms in the book are defined in the Glossary. Bold terms also are defined in the text and/or nearby when first presented.

Is the food supply safe to eat? Would a vegetarian diet lead to better health? This book, beginning with this chapter, will help you build the nutrition knowledge base needed to answer these questions (and many more!) and apply this knowledge to safeguard your health, as well as the health of others.

As you begin your study of nutrition, keep in mind that this field draws heavily on chemistry, biology, and other sciences. For the greatest understanding of nutrition principles, you may want to review human physiology (Appendix A), basic chemistry concepts (Appendix B), and the metric system (Appendix H).

1.1 Nutrition Overview

The Council on Food and Nutrition of the American Medical Association defines **nutrition** as the “science of food; the nutrients and the substances therein; their action, interaction, and balance in relation to health and disease; and the process by which the organism (e.g., human body) ingests, digests, absorbs, transports, utilizes, and excretes food substances.” Food provides the nutrients needed to fuel, build, and maintain all body cells.

Nutrients

You probably are already familiar with the terms *carbohydrates*, *lipids* (fats and oils), *proteins*, *vitamins*, and *minerals* (Table 1-1). These, plus water, make up the 6 classes of nutrients in food. **Nutrients** are substances essential for health that the body cannot make or that it makes in quantities too small to support health.

To be considered an essential nutrient, a substance must have these characteristics:

- Have a specific biological function
- Cause a decline in normal human biological function, such as the normal functions of the blood cells or nervous system, if removed from the diet
- Restore normal human biological function that was impaired by its absence if returned to the diet before permanent damage occurs

Table 1-1 Nutrients in the Human Diet*

Energy-Yielding Nutrients					
Carbohydrate	Lipids (Fats and Oils)		Protein (Amino Acids)		
Glucose (or a carbohydrate that yields glucose)	Linoleic acid (omega-6)		Histidine	Lysine	Threonine
	Alpha-linolenic acid (omega-3)		Isoleucine	Methionine	Tryptophan
			Leucine	Phenylalanine	Valine
Non-Energy-Yielding Nutrients					
Vitamins		Minerals			
Water-Soluble	Fat-Soluble	Major	Trace	Questionable	Water
Thiamin	A	Calcium	Chromium	Arsenic	Water
Riboflavin	D	Chloride	Copper	Boron	
Niacin	E	Magnesium	Fluoride	Nickel	
Pantothenic acid	K	Phosphorus	Iodide	Silicon	
Biotin		Potassium	Iron	Vanadium	
B-6		Sodium	Manganese		
B-12		Sulfur	Molybdenum		
Folate			Selenium		
C			Zinc		

*This table includes nutrients that the current *Dietary Reference Intakes* and related publications list for humans. There is some disagreement about whether the questionable minerals and certain other minerals not listed in the table are required for human health. Fiber could be added to the list of required substances, but it is not a nutrient (see Chapter 5). The vitamin-like compound choline plays vital roles in the body but is not listed under the vitamin category at this time. Alcohol is a source of energy, but it is not a nutrient.

Nutrients can be assigned to 3 functional categories (Table 1-2):

1. Those that primarily provide energy (typically expressed in kilocalories [kcal])
2. Those that are important for growth and development (and later maintenance)
3. Those that regulate body processes and keep body functions running smoothly

Some overlap exists among these categories. The energy-yielding nutrients and water make up a major portion of most foods.⁶

Because carbohydrates, proteins, lipids, and water are needed in large amounts, they are called **macronutrients**. In contrast, vitamins and minerals are needed in such small amounts in the diet that they are called **micronutrients**. Let's now look more closely at the classes of nutrients.

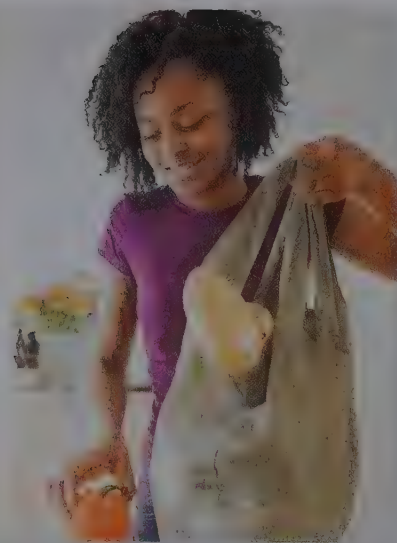
Table 1-2 Functional Categories of Nutrients

Provide Energy	Promote Growth and Development	Regulate Body Processes
Most carbohydrates	Proteins	Proteins
Proteins	Lipids	Some lipids
Most lipids (fats and oils)	Some vitamins	Some vitamins
	Some minerals	Some minerals
	Water	Water



Alcoholic beverages are rich in energy (calories), but alcohol is not a nutrient.

foodiepics/Shutterstock



Many foods are rich sources of the nutrients we recognize today as essential for health.

©JGI/Blend Images LLC

Carbohydrates

Carbohydrates are composed mainly of the **elements** carbon, hydrogen, and oxygen. Fruits, vegetables, grains, beans, and sugars are the primary dietary sources of carbohydrate. The main types of carbohydrates are simple and complex. Small carbohydrate structures are called sugars or simple carbohydrates—table sugar (sucrose) and blood sugar (glucose) are examples. Some sugars, such as glucose, can chemically bond together to form large carbohydrates, called polysaccharides or complex carbohydrates (Fig. 1-2). Examples of complex carbohydrates include the starch in grains and the glycogen stored in our muscles. Fiber, another type of complex carbohydrate, forms the structure of plants.

Glucose, which comes from simple carbohydrates and starch, is a major source of energy in most cells. It and most other carbohydrates provide an average of 4 calories per gram (kcal/g).⁷ (Fiber provides little energy because it cannot be broken down by digestive processes.) When too little carbohydrate is eaten to supply sufficient glucose, the body is forced to make glucose from proteins. (Chapter 5 focuses on carbohydrates.)

Lipids

Like carbohydrates, lipids (e.g., fats, oils, cholesterol) are **compounds** composed mostly of the elements carbon, hydrogen, and oxygen (Fig. 1-3). Note that the term *fats* refer to lipids that are solid at room temperature, whereas oils are those that are liquid at room temperature.

macronutrient Nutrient needed in gram quantities in the diet.

micronutrient Nutrient needed in milligram or microgram quantities in a diet.

element Substance that cannot be separated into simpler substances by chemical processes. Common elements in nutrition include carbon, oxygen, hydrogen, nitrogen, calcium, phosphorus, and iron.

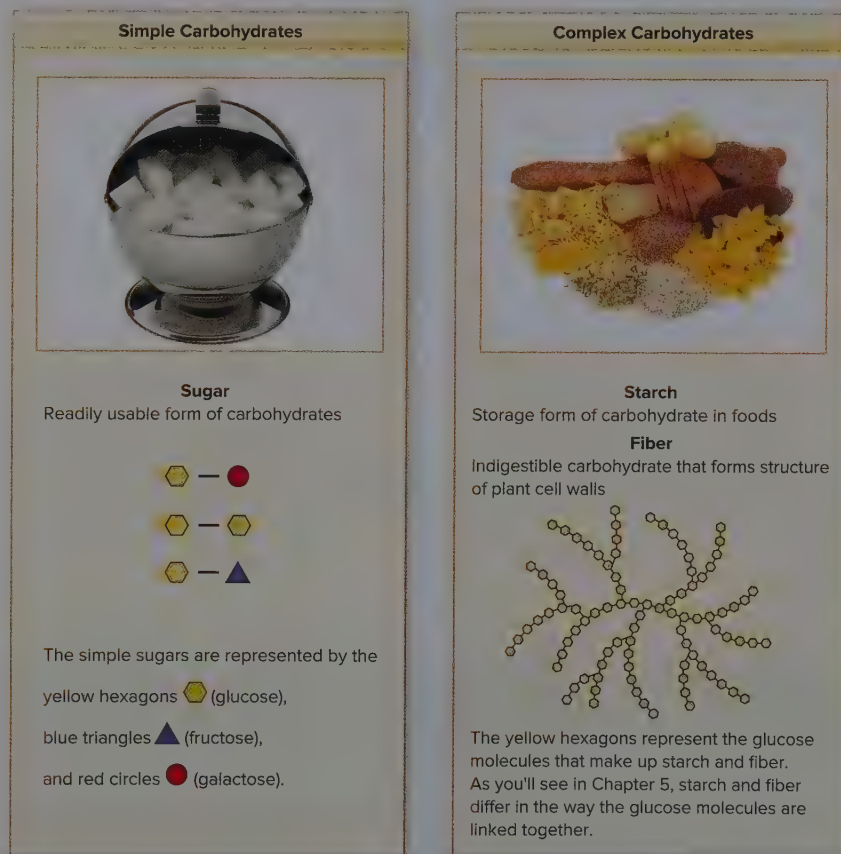


Figure 1-2 Two views of carbohydrates—dietary and chemical.

Photodisc/PunchStock; Shutterstock/Evgenia Sh.

Lipids yield more energy per gram than carbohydrates—on average, 9 calories per gram. (See Chapter 9 for details about the high energy yield of lipids.) Lipids are insoluble in water but can dissolve in certain organic solvents (e.g., ether and benzene).

The lipid type called a **triglyceride** is the major form of fat in foods and a key energy source for the body. Triglycerides also are the major form of energy stored in the body. They are composed of 3 fatty acids attached to a glycerol **molecule**. Fatty acids are long chains of carbon flanked by hydrogen with an acid group attached to the end opposite glycerol.

Most lipids can be separated into 2 basic types—saturated and unsaturated—based on the chemical structure of their dominant fatty acids. This difference helps determine whether a lipid is solid or liquid at room temperature, as well as its effect on health. Although almost all foods contain a variety of saturated and unsaturated fatty acids, plant oils tend to contain mostly unsaturated fatty acids, which make them liquid at room temperature. Many animal fats are rich in saturated fatty acids, which make them solid at room temperature. Unsaturated fats tend to be healthier than saturated fats—saturated fat raises blood cholesterol, which can clog arteries and eventually lead to cardiovascular disease.

Two specific unsaturated fatty acids—linoleic acid and alpha-linolenic acid—are essential nutrients. They must be supplied by our diets. These essential fatty acids have many roles, including being structural components of cell membranes and helping regulate blood pressure and nerve transmissions. A few tablespoons of vegetable oil daily and eating fish at least twice weekly supply sufficient amounts of essential fatty acids.⁷

Some foods also contain *trans* fatty acids—unsaturated fats that have been processed to change their structure from the more typical *cis* form to the *trans* form (see Chapter 6). Partially hydrogenated oils are the primary source of *trans* fats. In the U.S., partially hydrogenated oils have been banned for use in foods because they pose health risks. These oils will be phased out of the food supply in the next few years.⁸ Partially hydrogenated foods are used to prepare many deep-fried foods (e.g., donuts, french fries), baked snack foods (e.g., cookies, crackers), and solid fats (e.g., stick margarine, shortening). (Chapter 6 focuses on lipids.)

Proteins

Proteins, like carbohydrates and fats, are composed of the elements carbon, oxygen, and hydrogen (Fig. 1-4). Proteins also contain another element—nitrogen. Proteins are the main structural material in the body. For example, they are a major part of bone and muscle; they also are important components in blood, cell membranes, **enzymes**, and immune factors.⁷ Proteins can provide energy for the body—on average, 4 calories per gram; however, the body typically uses little protein to meet its daily energy needs.

Proteins form when amino acids bond together. Twenty common amino acids are found in food; 9 of these are essential nutrients for adults, and 1 additional amino acid is essential for infants. (Chapter 7 focuses on proteins.)

Vitamins

Vitamins have a wide variety of chemical structures and can contain the elements such as carbon, hydrogen, nitrogen, oxygen, phosphorus, sulfur, and others. The main function of vitamins is to enable many **chemical reactions** to occur in the body. Some of these reactions help release the energy trapped in carbohydrates, lipids, and proteins. Vitamins themselves provide no usable energy for the body.

The 13 vitamins are divided into 2 groups. Fat-soluble vitamins (A, D, E, and K) dissolve in fat. Vitamin C and the B-vitamins (thiamin, riboflavin, niacin, vitamin B-6, pantothenic acid, biotin, folate, and vitamin B-12) are water-soluble vitamins. The vitamin groups often act quite differently. For example, cooking is more likely to destroy water-soluble vitamins than fat-soluble vitamins. Water-soluble vitamins are excreted from the body much more readily than fat-soluble vitamins. As a result, fat-soluble vitamins, especially vitamin A, are much more likely to accumulate in excessive amounts in the body, which then can cause toxicity. (Vitamins are the focus of Part 4.)

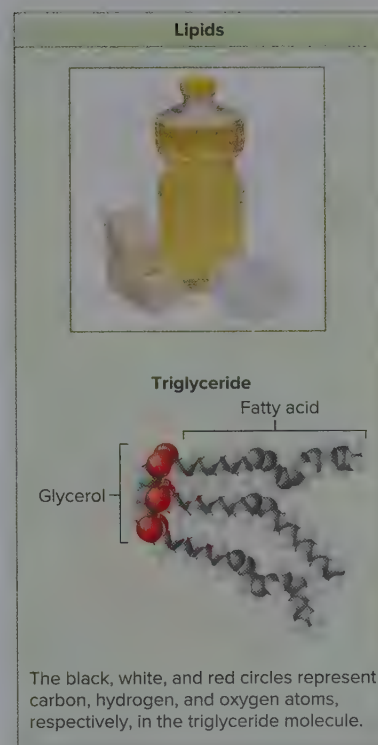


Figure 1-3 Dietary and chemical views of lipids.

Getty Images

atom Smallest unit of an element that still has all the properties of the element. An atom contains protons, neutrons, and electrons.

molecule Atoms linked (bonded) together; the smallest part of a compound that still has all the properties of a compound.

compound Atoms of 2 or more elements bonded together in specific proportions.

enzyme Compound that speeds the rate of a chemical process but is not altered by the process. Almost all enzymes are proteins (some are made of nucleic acids).

chemical reaction Interaction between 2 or more chemicals that changes both chemicals.

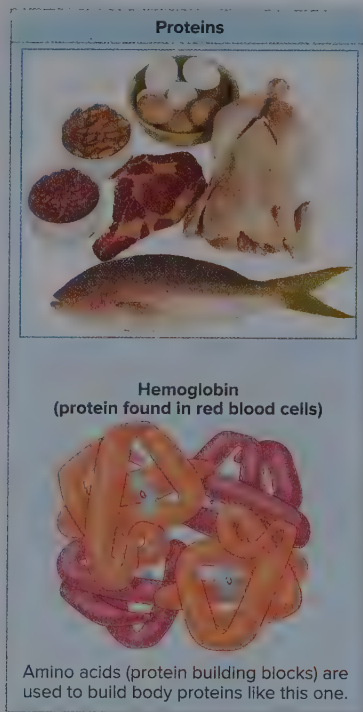


Figure 1-4 Dietary and chemical views of proteins.

Comstock Images/Getty Images

organic compound Substance that contains carbon atoms bonded to hydrogen atoms in the chemical structure.

inorganic substance Substance lacking carbon atoms bonded to hydrogen atoms in the chemical structure.

metabolism Chemical processes in the body that provide energy in useful forms and sustain vital activities.

phytochemical Physiologically active compound in plants that may provide health benefits.

zoochemical Physiologically active compounds in foods of animal origin that may provide health benefits.

Minerals

The nutrients discussed so far are all complex organic compounds, whereas minerals are structurally very simple, inorganic substances. The chemical structure of an **organic compound** contains carbon atoms bonded to hydrogen atoms, whereas an **inorganic substance** generally does not. In this case, the term *organic* is not related to the farming practices that produce organic foods (these are described in Chapter 3).

Minerals typically function in the body as groups of one or more of the same atoms (e.g., sodium or potassium) or as parts of mineral combinations, such as the calcium- and phosphorus-containing compound called hydroxyapatite, found in bones. Because they are elements, minerals are not destroyed during cooking. (However, they can leak into cooking water and get discarded when food is drained.) Minerals yield no energy for the body but are required for normal body function. For instance, minerals play key roles in the nervous system, the skeletal system, and water balance.

Minerals are divided into 2 groups: major minerals and trace minerals. Major minerals are needed daily in gram amounts. Sodium, potassium, chloride, calcium, and phosphorus are examples of major minerals. Trace minerals are those that we need in amounts of less than 100 milligrams (mg) daily. Examples of trace minerals are iron, zinc, copper, and selenium. (Minerals are the focus of Part 4.)

Water

Water is the 6th class of nutrients. Like minerals, water also is inorganic. Although sometimes overlooked as a nutrient, water is the nutrient needed in the largest quantity. Water (H_2O) has numerous vital functions in the body. It acts as a solvent and lubricant and is a medium for transporting nutrients to cells. It also helps regulate body temperature. Beverages, as well as many foods, supply water. The body even makes some water as a by-product of **metabolism**. (Water is examined in detail in Part 4.)



Tomatoes contain the phytochemical lycopene; thus, they can be called a functional food.

David R. Frazier Photolibrary, Inc./Alamy Stock Photo

Phytochemicals and Zoochemicals

Phytochemicals (plant components in fruits, vegetables, legumes, and whole grains) and **zoochemicals** (components in animals) are physiologically active compounds. They are not considered essential nutrients in the diet. Still, many of these substances provide significant health benefits.⁹ For instance, numerous studies show reduced cancer risk among people who regularly consume fruits and vegetables. Researchers surmise that some phytochemicals in fruits and vegetables block the development of cancer (see Part 4).¹⁰ Some phytochemicals and zoochemicals also have been linked to a reduced risk of cardiovascular disease.¹¹

It will likely take many years for scientists to unravel the important effects of the many different phytochemicals and zoochemicals in foods. Multivitamin and mineral supplements currently contain few or none of these beneficial chemicals.

Table 1-3 Examples of Phytochemicals and Zoochemicals under Study

Phytochemicals	Food Sources
Allyl sulfides/organosulfides	Garlic, onions, leeks
Saponins	Garlic, onions, licorice, legumes
Carotenoids (e.g., lycopene)	Orange, red, and yellow fruits and vegetables; egg yolks
Monoterpenes	Oranges, lemons, grapefruit
Capsaicin	Chili peppers
Lignans	Flaxseed, berries, whole grains
Indoles	Cruciferous vegetables (broccoli, cabbage, kale)
Isothiocyanates	Cruciferous vegetables, especially broccoli
Phytosterols	Soybeans, other legumes, cucumbers, other fruits and vegetables
Flavonoids	Citrus fruit, onions, apples, grapes, red wine, tea, chocolate, tomatoes
Isoflavones	Soybeans, fava beans, other legumes
Catechins	Tea
Ellagic acid	Strawberries, raspberries, grapes, apples, bananas, nuts
Anthocyanosides	Red, blue, and purple produce (eggplant, blueberries)
Fructooligosaccharides	Onions, bananas, oranges
Stilbenoids (e.g., resveratrol)	Blueberries, grapes, peanuts, red wine
Zoochemicals	
Sphingolipids	Meat, dairy products
Conjugated linoleic acid	Meat, cheese

Thus, nutrition and health experts suggest that a diet rich in fruits, vegetables, legumes, and whole-grain breads and cereals is the most reliable way to obtain the potential benefits of phytochemicals.¹² In addition, foods of animal origin, such as fatty fish, can provide the beneficial zoochemical omega-3 fatty acids (see Chapter 6), and fermented dairy products provide probiotics (see Chapter 4). Table 1-3 lists some phytochemicals and zoochemicals under study, with their common food sources.

Functional Foods

Foods rich in phytochemicals (chemicals from plants) and zoochemicals (chemicals from foods of animal origin) are sometimes referred to as functional foods. A **functional food** provides health benefits beyond those supplied by the traditional nutrients it contains—the food or food ingredient offers additional components that may decrease disease risk and/or promote optimal health due to the physiologically active compounds they contain. Table 1-4 describes the categories of functional foods.⁸

The phytochemicals and zoochemicals that are present naturally in unmodified whole foods like fruits and vegetables are thought to provide many health benefits (see Table 1-3). Foods modified by adding nutrients, phytochemicals, zoochemicals, or herbs (see Chapter 18) also may provide health benefits. For instance, orange juice fortified with calcium may help prevent osteoporosis. Medical foods are designed to help enhance the management of health conditions. An example is phenylalanine-restricted formula fed to infants born with the in-born error of metabolism condition called phenylketonuria (PKU) (see Chapter 9). This formula helps them develop normally. An important trend in the food industry is the addition of nutrients, phytochemicals, and other components in hopes of boosting the healthfulness of the food supply.

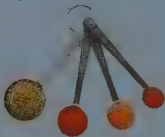


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Table 1-4 Functional Food Categories⁹

Conventional Foods: Unmodified Whole Foods

Fruits	Spices	Dairy products
Vegetables	Nuts	Fish
Herbs		



Modified Foods: Fortified, Enriched, or Enhanced Foods

- Calcium-fortified orange juice
- Omega-3-enriched bread
- Breakfast bars enhanced with ginkgo biloba
- Cheese made with plant sterols



Medical Foods: Food, Formula, or Supplement Used under Medical Supervision to Manage a Health Condition

- Phenylalanine-free formulas for phenylketonuria (PKU)
- Limbrel[®] for osteoarthritis
- Axona[®] for Alzheimer disease
- VSL#3[®] for ulcerative colitis
- GlycemX[™] 360 for diabetes management



Special Dietary Use Foods: Foods That Help Meet a Special Dietary Need

- Infant formula for infants
- Lactose-free foods for lactose intolerance
- Sugar-free foods for weight loss
- Gluten-free foods for celiac disease



Measuring Spoons: Stockbrokenextra Images/Photolibrary; Orange Juice: ©Stockbyte/Getty Images; Baby Bottle: Photodisc; Lactaid Carton: ©McGraw-Hill Education/Jill Braaten, photographer



Knowledge Check

1. What are the 6 classes of nutrients?
2. What characteristics do the macronutrients share?
3. How are vitamins categorized?
4. How are minerals different from carbohydrates, lipids, protein, and vitamins?
5. What are phytochemicals and zoochemicals?



Culinary Perspective

Fermented Foods



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Fermented foods have been enjoyed around the world for centuries. Initially, people fermented soybeans, vegetables, milk, fruits, and even fish to preserve them. Fermentation was especially important when refrigeration or canning was not available. Fermented foods rely on bacteria, yeast, or fungi to convert natural sugars and starches to lactic and other acids, which in turn preserve the food. Research supports that there is a potential to use fermentation to help reduce short-chain fermentable carbohydrates (FODMAPs—see the Clinical Perspective in Chapter 4) during food preparation (e.g., proofing bread), potentially expanding food options for people with digestive disorders¹³ (see Chapter 4). Today, interest focuses on fermented foods' flavor and probiotic and nutrient contents.

A very common fermented food is German sauerkraut (literally, "sour or pickled cabbage"). Sauerkraut is made by packing chopped cabbage and spices into a crock with rock salt. Over a few weeks, *Lactobacillus* bacteria on the cabbage multiply and cause fermentation, converting the raw cabbage to flavorful sauerkraut. Yogurt, another common fermented food, is made by adding a bacterial culture to



This man from Kyrgyzstan is drinking fermented horse milk, which is called kumis.

©Ronald Wixman

warm milk. As the bacteria multiply, the pH drops, causing the formation of the smooth, soft, tangy curd that we know as yogurt. Some pickles and the traditional Korean cabbage dish called kimchi also are fermented. Other fermented foods include tempeh, a cakelike product made from slightly fermented soybeans, and miso, a rich paste made from soybeans, seasonings, and sometimes grains such as rice and barley. Both tempeh and miso are fermented with fungi. (Tofu, another soybean product, is not fermented.) Kombucha, a popular fermented tangy and slightly fizzy beverage, is made from green or black tea. Eating fermented foods may offer benefits to an individual's intestinal microbiota. Which fermented foods have you tried? How would you describe their flavors?

1.2 Energy Sources and Uses

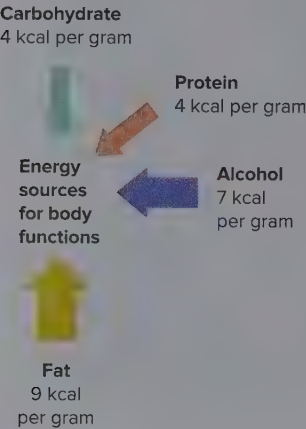
Humans obtain the energy needed to perform body functions and do work from carbohydrates, fats, and proteins. Alcohol also is a source of energy, supplying about 7 calories per gram. As mentioned previously, it is not considered a nutrient, however, because alcohol has no required function. After digesting and absorbing energy-producing nutrients, the body transforms the energy trapped in carbohydrate, protein, fat, and alcohol into other forms of energy in order to

- Build new compounds
- Move muscles
- Transmit nerve impulses
- Balance **ions** within cells

(See Chapter 4 for more on digestion and absorption. Chapter 9 describes how energy is released from chemical bonds and then used by body cells to support the processes just described.)

ion Atom with an unequal number of electrons and protons. Negative ions (anions) have more electrons than protons; positive ions (cations) have more protons than electrons.

Physiological fuel values.



- The word *calorie* typically is used to mean kilocalorie; thus, this book uses the term *calorie* and its abbreviation, *kcal*.
- Many scientific journals express energy content of food as kilojoules (kJ), rather than kilocalories. A mass of 1 gram moving at a velocity of 1 meter/second possesses the energy of 1 joule (J); 1000 J = 1 kJ. Heat and work are 2 forms of energy; thus, measurements expressed in terms of kilocalories (a heat measure) are interchangeable with measurements expressed in terms of kilojoules (a work measure); 1 kcal = 4.18 kJ.

Calorie is often the term used to express the amount of energy in foods. Technically, a **calorie** is the amount of heat energy it takes to raise the temperature of 1 gram of water 1 degree Celsius (1°C). Because a calorie is such a tiny measure of heat, food energy is more accurately expressed in terms of the kilocalorie (kcal), which equals 1000 calories. (If the *c* in *calories* is capitalized, this also signifies kilocalories.) A **kilocalorie (kcal)** is the amount of heat energy it takes to raise the temperature of 1000 g (1 liter) of water 1°C. In everyday usage, the word *calorie* (without a capital *c*) also is used to mean kilocalorie. Thus, the term *calorie* and its abbreviation, *kcal*, are used throughout this book. Any values given in calories on food labels are actually in kilocalories (Fig. 1-5).

The calories in food can be measured using a bomb calorimeter (see Chapter 10). Or they can be estimated by multiplying the amount of carbohydrates, proteins, fats, and alcohol in a food by their physiological fuel values. The physiological fuel values are 4, 9, 4, and 7 for carbohydrate, fat, protein, and alcohol, respectively. These values are adjusted to account for the extent to which foods can be digested and for substances (e.g., waxes and fibers) that humans cannot digest. Thus, they should be considered estimates.

Physiological fuel values can be used to determine the calories in food. Consider these foods:

1 Large Hamburger

Carbohydrate	39 grams × 4 = 156 kcal
Fat	32 grams × 9 = 288 kcal
Protein	30 grams × 4 = 120 kcal
Alcohol	0 grams × 7 = 0 kcal
Total	564 kcal

8-ounce Pina Colada

Carbohydrate	57 grams × 4 = 228 kcal
Fat	5 grams × 9 = 45 kcal
Protein	1 gram × 4 = 4 kcal
Alcohol	23 grams × 7 = 161 kcal
Total	438 kcal

HONEY WHEAT BREAD

Nutrition Facts	
19 servings per container	
Serving size	1 slice (36g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g added sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Figure 1-5 Use the nutrient values on the Nutrition Facts label to calculate the energy content of a food. Based on carbohydrate, fat, and protein content, a serving of this food (honey wheat bread) contains 81 kcal [(15 × 4) + (1 × 9) + (3 × 4) = 81]. The label lists 80 because Nutrition Facts labels round values.



kilocalorie (kcal) Heat energy needed to raise the temperature of 1000 grams (1 L) of water 1 degree Celsius; also written as *Calorie*.

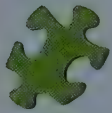
These values also can be used to determine the portion of total energy intake that carbohydrate, fat, protein, and alcohol provide to your diet. Assume that one day you consume 283 g of carbohydrates, 60 g of fat, 75 g of protein, and 9 g of alcohol. This consumption yields a total of 2035 kcal ($[283 \times 4] + [60 \times 9] + [75 \times 4] + [9 \times 7] = 2035$). The percentage of your total energy intake derived from each nutrient can then be determined:

$$\% \text{ of energy intake as carbohydrate} = (283 \times 4) / 2035 = 0.56 \times 100 = 56\%$$

$$\% \text{ of energy intake as fat} = (60 \times 9) / 2035 = 0.27 \times 100 = 27\%$$

$$\% \text{ of energy intake as protein} = (75 \times 4) / 2035 = 0.15 \times 100 = 15\%$$

$$\% \text{ of energy intake as alcohol} = (9 \times 7) / 2035 = 0.03 \times 100 = 3\%$$



Knowledge Check

1. What does the term *calorie* mean?
2. How do calories, kilocalories, and kilojoules differ?
3. How many calories are in a food that has 8 g carbohydrate, 2 g alcohol, 4 g fat, and 2 g protein?

1.3 The North American Diet

In the U.S. and Canada, large surveys are conducted to determine what people are eating. The U.S. government uses the National Health and Nutrition Examination Survey (NHANES) administered by the U.S. Department of Health and Human Services. In Canada, this information is gathered by Health Canada in conjunction with Agriculture and AgriFood Canada. Results from these surveys and others show that North American adults consume, on average, 16% of their energy intake as proteins, 50% as carbohydrates, and 33% as fats. These percentages are estimates, and they vary slightly from year to year and to some extent from person to person. Although these percentages fall within a healthy range¹⁴ (see Chapter 2), many people are eating more than they need to maintain a healthy weight.¹⁵

Animal sources, such as meat, seafood, dairy products, and eggs, supply about two-thirds of the protein intake for most North Americans; plant sources provide only about a third. In many other parts of the world, it is just the opposite: plant proteins—from rice, beans, corn, and other vegetables—dominate protein intake. About half the carbohydrates in North American diets are simple carbohydrates (sugars); the other half are starches (e.g., pastas, breads, and potatoes). Most North Americans need to reduce their sugar intake and increase their intake of starch and fiber. Because approximately 60% of dietary fat comes from animal sources and only 40% from plant sources, many North Americans are consuming far more saturated fat and cholesterol than is recommended.

These surveys also indicate that most of us could improve our diets by focusing on rich food sources of vitamin A, vitamin E, iron, potassium, and calcium and reducing sodium intake. Nutrient intake varies in some demographic groups, which means these individuals need to pay special attention to certain nutrients. For example, older adults often get too little vitamin D, and many women of childbearing years have inadequate iron intake.

Many North Americans could improve their nutrient intake by moderating intake of sugared soft drinks and fatty foods and eating more fruits, vegetables, whole-grain breads, and reduced-fat dairy products. Vitamin and mineral supplements also can help meet nutrient needs but, as you'll see in Part 4, they cannot fully make up for a poor diet in all respects.¹⁶

Increasing vegetable intake, such as a daily salad, is one strategy to boost intake of important nutrients.

D. Hurst/Alamy Stock Photo



hunger Primarily physiological (internal) drive for food.

appetite Primarily psychological (external) influences that encourage us to find and eat food, often in the absence of obvious hunger.

What Influences Our Food Choices?

Although we have to eat to obtain the nutrients we need to survive, many factors other than health and nutrition affect our food choices. Daily food intake is a complicated mix of the need to satisfy **hunger** (physical need for food) and social and psychological needs (Fig. 1-6).¹⁷ In areas of the world where food is plentiful and fairly easy to access (e.g., the U.S., Canada, Europe, Australia, and Japan), food selection is largely guided by **appetite**—the psychological desire to eat certain foods and reject others. Appetite and food choice depend on many factors:

- *Food flavor, texture, and appearance preferences*—for many people, these are the most important factors affecting food choices. Creating more flavorful foods that are both healthy and profitable is a major focus of the food industry. Food preferences are affected by many factors, including genetics, culture, and lifestyle.
- *Culture* (knowledge, beliefs, religion, and traditions shared by a group or social network of people) teaches individuals which foods are considered proper or appropriate to eat and which are not. For example, many people in North America believe it is proper to eat beef; however, people in some cultures never consider eating beef. Some cultures savor foods such as blood, mice, and insects; even though these foods are packed with nutrients and safe to eat, few North Americans feel they are proper to eat. Early experiences with people, places, and situations influence lifelong food choices. New immigrants often retain the diet patterns of their country of origin until they become acculturated (i.e., they have adopted the cultural traits or social patterns of the new country).



Figure 1-6 Food choices are affected by many factors. Which have the greatest impact on your food choices?



Take Action

Why You Eat What You Do

Choose a day of the week that is typical of your eating pattern. List all the foods and drinks you consume for 24 hours. Using the factors that influence food choices discussed in Section 1.3, indicate why you consumed each item. Note that there can be more than 1 reason for choosing a particular food or drink.

Now ask yourself, What was the most frequent reason for eating or drinking? To what extent are health or nutrition concerns the reason for your food choices? Should you make these reasons higher priorities?



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- **Lifestyle** includes the way we spend our resources and assign priorities. People with very busy lives often have limited time and energy to buy and prepare foods, so they opt for convenience or fast food. For some, it may be more important to spend extra time working rather than making it a priority to exercise and eat healthfully.
- **Routines and habits** related to food and eating affect *what* as well as *when* we eat. Most of us eat primarily from a core group of foods—only about 100 basic items account for 75% of a person's total food intake.
- **Food cost and availability** are important but play only moderate roles in food choices for many of us because food is relatively inexpensive and widely available in North America.¹ In fact, we spend less than 10% of our income on food—about half on food at home and half on food away from home.¹⁸ However, as described in the Global Perspective, this is not the case in many other areas of the world. The type of food available also is affected by the environment.
- **Environment** includes your surroundings and experiences. In North America, the environment is filled with opportunities to obtain affordable, delicious, high-calorie food—vending machines, bake sales, food courts in shopping areas, and candy displays in bookstores—and encourages (via marketing) the consumption of these foods. Experiences with friends, family, and others also can influence food choices, as can mood and psychological needs. Geographic location can affect the food environment, too. Think about the regional cuisine in the area where you live. For example, in the southwestern U.S., barbecue is popular. In New England, seafood is readily available.
- **Food marketing** is any type of action a company takes to create a desire in consumers to buy its food; **advertising** is a type of food marketing. Food influencers, or thought leaders, are another type of food marketing. These individuals often are paid by companies to promote their products or services by recommending them on social media. Before following the advice of someone on social media, be sure to find out if that person is being paid to promote the product, and think about how this type of marketing affects your choices. The food industry in the U.S. spends billions of dollars annually on marketing. Some of this marketing is helpful, such as when it promotes the importance of calcium and fiber intake. However, the food industry more frequently advertises fast food, candy, cookies, cakes, and pastries because such products generate the greatest profits.
- **Health and nutrition concerns, knowledge, beliefs, and values** also can affect food choices. Those most concerned about health and who have the greatest nutrition knowledge tend to be well-educated, middle-income professionals. The same people are generally health oriented, have active lifestyles, and work hard to keep their bodies at a healthy weight. Values guide the food choices of many people. For instance, people who are concerned about the environment may opt to eat mostly locally produced food or organic foods. Those who value low-fat, high-fiber diets or animal rights may choose a vegan diet.



The major health problems in North America are largely caused by a poor diet, excessive energy intake, and not enough physical activity.

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romastudio © 123RF.com



An assessment of this child's nutritional health status indicates stunted growth and edema due to limited protein intake caused by an inability to purchase enough protein-rich foods. Learn more about protein deficiency in Chapter 7.

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Knowledge Check

- 1. What type of food provides most of the protein in the diets of North Americans?
- 2. Which types of carbohydrates do most North Americans need to increase in their diets?
- 3. Which vitamins and minerals do many North Americans need to increase in their diets?
- 4. What factors affect food choices?

1.4 Nutritional Health Status

In a well-nourished person, the total daily intake of protein, fat, and carbohydrate weighs about 450 g (about 1 pound). In contrast, the typical daily mineral intake weighs about 20 g (about 4 teaspoons) and the daily vitamin intake weighs less than 300 mg (1/15th of a teaspoon). These nutrients can come from a variety of sources—fruits, vegetables, meats, dairy products, or other foods. Our body cells are not concerned with which food has supplied a nutrient—what is important, however, is that each nutrient be available in the amounts needed for the body to function normally.

The body's nutritional health is determined by the sum of its status with respect to each nutrient. There are 3 general categories of nutritional status: desirable nutrition, undernutrition, and overnutrition. The common term *malnutrition* can refer to either overnutrition or undernutrition, neither of which is conducive to good health.

Optimal, or **desirable nutritional status** for a particular nutrient is the state in which the body tissues have enough of the nutrient to support normal functions, as well as to build and maintain surplus stores that can be used in times of increased need. A desirable nutritional status can be achieved by obtaining essential nutrients from a variety of foods.

Undernutrition occurs when nutrient intake does not meet nutrient needs, causing surplus stores to be used. Once nutrient stores are depleted and tissue concentrations of an essential nutrient fall sufficiently low, the body's metabolic processes eventually slow down or even stop. The early stage of a nutrient deficiency is termed **subclinical** because there are no overt signs or symptoms that can be detected or diagnosed. If a deficiency becomes severe, clinical signs and symptoms eventually develop and become outwardly apparent. A **sign** is a feature that can be observed, such as flaky skin. A **symptom** is a change in body function that is not necessarily apparent to a health-care provider, such as feeling tired or achy. Table 1-4 describes the signs and symptoms associated with iron status.

Consumption of more nutrients than the body needs can lead to **overnutrition**. In the short run—for instance, a week or so—overnutrition may cause only a few symptoms, such as intestinal distress from excessive fiber intake. If an excess intake continues, the levels of some nutrients in the body may increase to toxic amounts. For example, too much vitamin A can have negative effects, particularly in children, pregnant women, and older adults. The most common type of overnutrition in industrialized nations—excess intake of energy-yielding nutrients—often leads to obesity. Obesity, in turn, can lead to other serious chronic diseases, such as type 2 diabetes and certain forms of cancer.

sign Physical attribute that can be observed by others, such as bruises.

symptom Change in health status noted by the person with the problem, such as a stomach pain.

Table 1-4 Nutritional Status, Using Iron as an Example

Condition	Signs and Symptoms Related to Iron
Undernutrition: nutrient intake does not meet needs	Decline in iron-related compounds in the blood, which reduces the ability of the red blood cells to carry oxygen to body tissues and, in turn, causes fatigue on exertion, poor body temperature regulation, and eventually pale complexion
Desirable nutrition: nutrient intake supports body function and permits storage of nutrients to be used in times of increased need	Adequate liver stores of iron, adequate blood levels of iron-related compounds, and normal functioning of red blood cells
Overnutrition: nutrient intake exceeds needs	Excess liver stores of iron, which damage liver cells

GLOBAL PERSPECTIVE

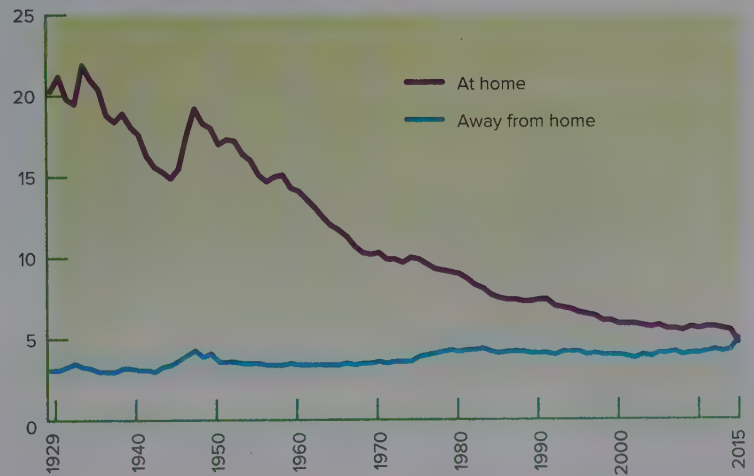
The Price of Food

The cost of food as a percentage of income varies widely around the world. In the U.S., for instance, food consumed at home by the average household is less than 6% of total income, whereas families in Nigeria spend almost two-thirds of their income on food eaten at home. Accounting partly for this difference is that a substantial amount is spent in the U.S. for food eaten away from home. As shown in the line chart, over the past century, the proportions of money spent in the U.S. on food eaten at home and away from home have gotten closer with each passing year.

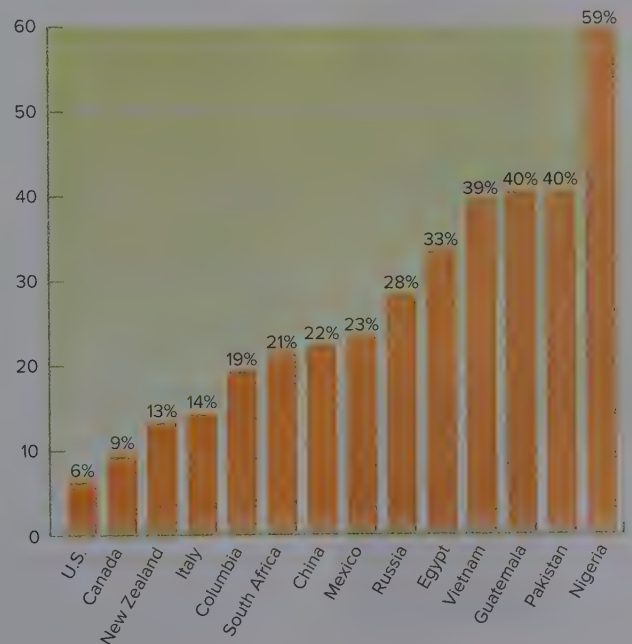
Another reason for this differential among countries is that food production, packaging, and distribution have become more efficient in some parts of the world but less so in others. Greater efficiency means we can buy more for less. In developed nations, nearly all households have a refrigerator, which greatly reduces food spoilage and therefore food expenditures. Food packaging innovations also help keep food fresh longer. Pest management in homes, food processing plants, and farming further minimize food losses. In addition, U.S. government policies and legislation, primarily the Farm Bill, affect how food is produced and how the prices of some foods are set.

It is important to realize that the percentage of income spent on food in the countries shown in the bar graph is for the “average” household. The proportion of a family’s budget spent on food tends to be higher for those with lower incomes. Regardless of why these proportional differences occur in the U.S. or in other nations, as the percentage of family income spent on food rises, the typical family has less to devote to other components that contribute to overall health and quality of life, such as health care, shelter, clothing, and education. In addition, these families may be unable to purchase sufficient amounts of nutritious food because they need to pay rent or other essential expenses. The cost of food can affect both food choices and health.

Disposable Income Spent on Food in the U.S.



Source: Calculated by the Economic Research Service, USDA, from various data sets from the U.S. Census Bureau and the Bureau of Labor Statistics.



Source: USDA, ERS, Percent of household final consumption expenditures spent on food, alcoholic beverages, and tobacco that were consumed at home, by selected countries, 2016; www.ers.usda.gov/data-products/food-expenditures.aspx.

Critical Thinking

Ying loves to eat hamburgers, fries, and lots of pizza with double amounts of cheese. He rarely eats any vegetables and fruits but, instead, snacks on cookies and ice cream. He insists that he has no problems with his health, is rarely ill, and doesn't see how his diet could cause him any health risks. How would you explain to Ying that, despite his current good health, his diet could predispose him to future health problems?

► To review all of the *Healthy People* objectives, visit www.healthypeople.gov.

Table 1-5 Nutrition and Weight Status Objectives from *Healthy People 2030*

Reduce proportion of adults with obesity
Reduce household food insecurity and hunger
Increase fruit, vegetable, and whole grain consumption by people aged 2 years and over
Reduce consumption of saturated fat, sugar, and added sugar by people aged 2 years and over
Increase calcium, potassium, and vitamin D consumption by people aged 2 years and over
Reduce iron deficiency in children aged 1 to 2 years and females aged 12 to 49 years
Increase proportion of students participating in the School Breakfast Program
Increase proportion of workplaces that offer employee nutrition programs

Note: Related objectives include those addressing osteoporosis, cancer, diabetes, foodborne illness, heart disease, nutrition during pregnancy, physical activity, and alcohol use.

National Health Objectives

Health promotion and disease prevention have been public health strategies in the U.S. and Canada since the late 1970s. One part of this strategy is *Healthy People*, a report issued by the U.S. Department of Health and Human Services, Public Health Service.¹⁹ This is a national effort to set science-based, 10-year national goals and objectives for improving the health and well-being of all Americans. The overarching goals of *Healthy People* are

- Attain healthy, thriving lives and well-being, free of preventable disease, disability, injury and premature death
- Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all
- Create social, physical, and economic environments that promote attaining full potential for health and well-being for all
- Promote healthy development, healthy behaviors, and well-being across all life stages
- Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all²⁰

Many *Healthy People* objectives are related to nutrition. For example, the objectives aim to reduce food insecurity and hunger, reduce intake of sodium, and increase consumption of fruits and vegetables. Table 1-5 lists the nutrition and weight status objectives proposed for *Healthy People 2030*. Learn more at health.gov/healthypeople.

Assessing Nutritional Status

A nutritional assessment can help determine how nutritionally fit you are (Table 1-6). Generally, assessments are performed by a physician, often with the aid of a registered dietitian nutritionist.⁵

Assessments include an analysis of numerous background factors known to affect health. For example, many diseases have a genetic component, so family history plays an important role in determining nutritional and health status. Another background factor is a person's own medical history, especially any health conditions, diseases, or treatments that could hinder the absorption or use of a nutrient.

In addition to background factors, parameters that complete the picture of nutritional status are anthropometric, biochemical, clinical, dietary, and environmental assessments. **Anthropometric assessment** involves measuring various aspects of the body, including height, weight (and weight changes), body circumferences (e.g., waist, hips, arm), and skin-fold thickness (an indicator of body fatness and body composition). Anthropometric measurements are easy to obtain and are generally reliable.

Table 1-6 Conducting an Evaluation of Nutritional Health

Factors	Examples
Background	Medical history (e.g., current and past diseases and surgeries, body weight history, current medications) Family medical history
Nutritional	Anthropometric assessment (e.g., height, weight, skinfold thickness, arm muscle circumference, body composition) Biochemical (laboratory) assessment (e.g., compounds in blood and urine) Clinical assessment (e.g., physical examination of skin, eyes, and tongue; ability to walk) Dietary assessment (e.g., usual food intake, food allergies, supplements used) Environmental assessment (e.g., education and economic background, marital status, housing condition)

► A practical example using the ABCDEs for evaluating nutritional state can be illustrated in a person who chronically abuses alcohol. On evaluation, the physician notes the following:

Anthropometric: Low weight-for-height, recent 10 lb weight loss, muscle wasting in the upper body

Biochemical: Low amounts of the vitamins thiamin and folate in the blood

Clinical: Psychological confusion, skin sores, and uncoordinated movement

Dietary: Consumed mostly alcohol-fortified wine and hamburgers for the last week

Environmental: Currently residing in a homeless shelter, \$35.00 in his wallet, unemployed

Assessment: This person needs professional medical attention, including nutrient repletion.

Biochemical assessments include the measurement of the concentrations of nutrients and nutrient by-products in the blood, urine, and feces and of specific blood enzyme activities. For example, the status of the vitamin thiamin is measured, in part, by determining the activity of an enzyme called transketolase used to metabolize glucose (see Part 4). To test for this, cells (e.g., red blood cells) are broken open and thiamin is added to see how it affects the rate of the transketolase enzyme activity.

During a **clinical assessment**, health-care providers search for any physical evidence of diet-related diseases (e.g., high blood pressure, skin conditions). The health-care provider tends to focus the clinical assessment on potential problem areas identified from a dietary assessment. Clinical assessments related to nutritional issues are referred to as **nutrition-focused physical exams**. These head-to-toe examinations of a person's physical appearance and functions search for evidence of nutrient deficiencies and toxicities. **Dietary assessment** examines how often a person eats certain types of foods (called a food frequency); the types of foods eaten over a long

period of time, perhaps as far back as childhood (called a food history); and typical intake, such as foods eaten in the last 24 hours or several days (e.g., a 24-hour recall or a 3-day recall). Finally, an **environmental assessment** (based on background data) provides information on the person's education and economic background. This information is important because people who have inadequate education, income, and housing and/or live alone often have a greater risk of poor health. Those with limited education may have a reduced ability to follow instructions given by health-care providers and/or an income that hinders their ability to purchase, store, and prepare nutritious food. Taken together, these 5 parameters form the ABCDEs of nutritional assessment: anthropometric, biochemical, clinical, dietary, and environmental (Fig. 1-7).

Limitations of Nutritional Assessment

Nutritional assessments can be helpful in improving one's health. However, it is important to recognize the limitations of these assessments. First, many signs and symptoms of nutritional deficiencies—diarrhea, skin conditions, and fatigue—are not very specific. They may

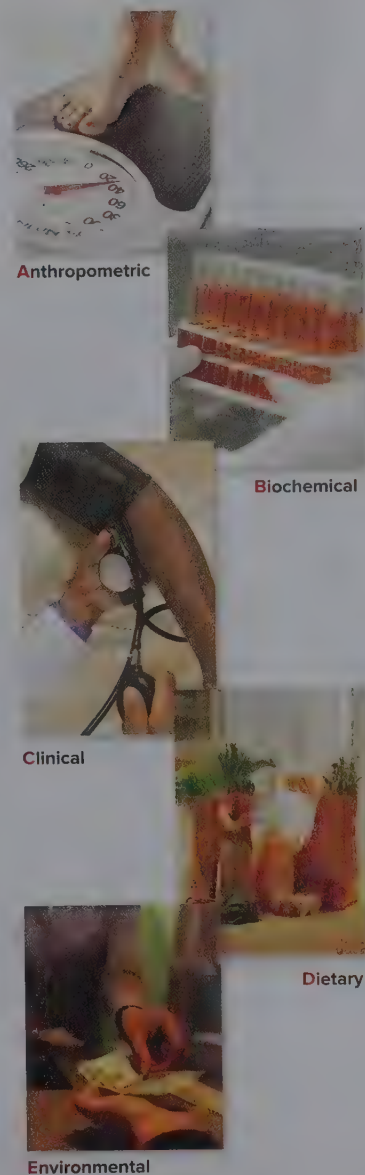


Figure 1-7 The ABCDEs of nutritional assessment: anthropometric, biochemical, clinical, dietary, and environmental status.

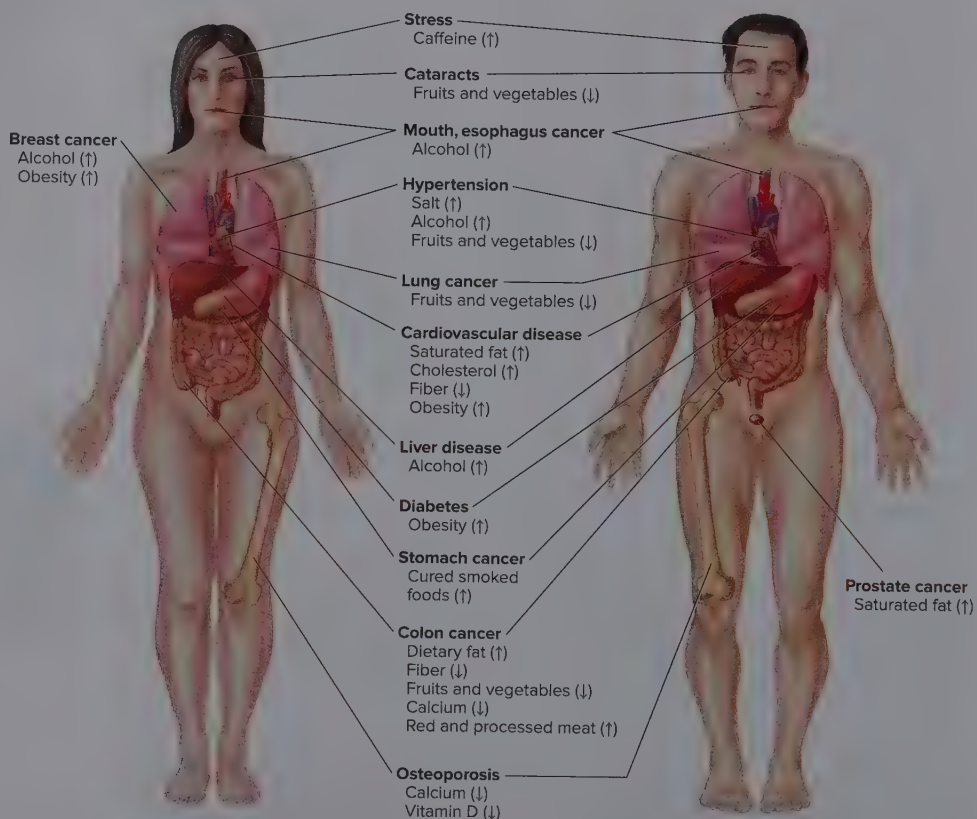
Photodisc/Getty Images; © Adam Gault/age fotostock; Comstock Images/Jupiterimages; Janis Christie/Getty Images; Ryan McVay/Getty Images RF



Soft drinks account for about 10% of the energy intake of teenagers in North America and, in turn, contribute to generally poor calcium intakes seen in this age group. Consuming insufficient calcium increases their risk of osteoporosis in future years.

Santirat Praeknokkaew/Shutterstock

Figure 1-8 Examples of health problems associated with poor dietary habits. An upward arrow (↑) indicates that a high intake and a downward arrow (↓) indicates that a low intake contributes to the health problem. In addition to the habits in the figure, no illicit drug use, adequate sleep (7–8 hours), adequate water intake, regular physical activity, minimal emotional stress, a positive outlook on life, and close friendships provide a more complete approach to good health. Also important is regular consultation with health-care professionals—early diagnosis is especially useful for controlling the damaging effects of many diseases.



be caused by poor nutrition or by other factors unrelated to nutrition. Second, it can take a long time for the signs and symptoms of nutritional deficiencies to develop and, because they can be vague, it is often difficult to establish a link between an individual's current diet and his or her nutritional status.

Third, a long time may elapse between the initial development of poor nutritional health and the first clinical evidence of a problem. For instance, a diet high in saturated fat often increases blood cholesterol, but it does not produce any clinical evidence for years. Nonetheless, the cholesterol is building up in blood vessels and may lead to a heart attack. Another example of a serious nutrition-related health condition with signs and symptoms that often don't appear until later in life is low bone density (osteoporosis) resulting from insufficient calcium intake, which may have begun in the teen years. Currently, a great deal of nutrition research is trying to identify better methods for detecting nutrition-related problems early—before they damage the body.

Importance of Being Concerned about Nutritional Status

Regardless of the limitations of nutritional assessment, people who focus on maintaining desirable nutritional health are apt to enjoy a long, vigorous life and are less likely to develop health problems, such as those in Figure 1-8. For example, women who followed a healthy lifestyle experienced an 80% reduction in risk of heart attacks, compared with women without such healthy practices.²¹ Here is what these healthy women did:

- Consumed a healthy diet that was varied, rich in fiber, and low in animal fat and *trans* fat and that included some fish
- Avoided becoming overweight
- Regularly drank a small amount of alcohol
- Exercised for at least 30 minutes daily
- Did not smoke