Table of Contents:

Section 1 - The Art and Science of Nutrition In Health and Disease

Chapter 1: The Art of Nutrition in a Family Context

Chapter 2: Carbohydrates, Proteins, and Fats: The Energy

Macronutrients of Balanced Meals

Chapter 3: The Micronutrients of Balanced Meals: Vitamins,

Minerals, Phytochemicals, and Water

Chapter 4: Digestion, Absorption, and Metabolism in Health and Disease

Section 2 - Chronic and Acute Illness

Chapter 5: Insulin Resistance and The Metabolic Syndrome

Chapter 6: Obesity and Healthy Weight Management

Chapter 7: Cardiovascular Disease

Chapter 8: Diabetes Mellitus

Chapter 9: Renal Disease

Chapter 10: Cancer: Nutrition Prevention and Treatment

Section 3 - Life Span and Wellness Concerns in Promoting Health and Managing Illness

Chapter 11: Maternal and Infant Nutrition in Health and Disease

Chapter 12: Growth and Development Issues in Promoting Good Health

Chapter 13: Nutrition Over the Adult Life Span

Chapter 14: Public Health Issues in National and

International Nutrition

Chapter 15: The Nutrition Care Process in the Health Care Setting

Appendices - Available online through Evolve

Appendix 1 Websites for Nutrition Information and

Educational Material

Appendix 2 MyPyramid Worksheet

Appendix 3 The Exchange Lists for Weight Management

Appendix 4 Estimating Body Frame Size

Appendix 5 Identifying Anemias

Appendix 6 Nutritive Values of Various Foods

Appendix 7 Nutritive Value of Selected Ethnic Foods

Appendix 8 Fiber Content of Selected Foods

Appendix 9 Body Mass Index

Appendix 10 Blood Pressure Tables for Children and

Adolescents

Appendix 11 The DASH Eating Plan

Appendix 12 Growth Charts for Boys and Girls from Birth to 18 Years of Age

Appendix 13 Child Care Meal Patterns

Appendix 14 Food Storage Guidelines

Appendix 15 Braden Scale for Pedicting Pressure Sore Risk

Glossary

Index