

ROLFES | PINNA | WHITNEY

UNDERSTANDING  
NORMAL AND CLINICAL

# Nutrition

TENTH



10045699

ห้องสมุด วพบ. สุรินทร์



# Brief Contents

- CHAPTER 1** An Overview of Nutrition 3  
**Highlight 1** > Nutrition Information and Misinformation 28
- CHAPTER 2** Planning a Healthy Diet 35  
**Highlight 2** > Vegetarian Diets 62
- CHAPTER 3** Digestion, Absorption, and Transport 69  
**Highlight 3** > Common Digestive Problems 88
- CHAPTER 4** The Carbohydrates: Sugars, Starches, and Fibers 95  
**Highlight 4** > Carbs, kCalories, and Controversies 124
- CHAPTER 5** The Lipids: Triglycerides, Phospholipids, and Sterols 129  
**Highlight 5** > High-Fat Foods—Friend or Foe? 159
- CHAPTER 6** Protein: Amino Acids 167  
**Highlight 6** > Nutritional Genomics 190
- CHAPTER 7** Energy Metabolism 197  
**Highlight 7** > Alcohol in the Body 220
- CHAPTER 8** Energy Balance and Body Composition 231  
**Highlight 8** > Eating Disorders 252
- CHAPTER 9** Weight Management: Overweight, Obesity, and Underweight 261  
**Highlight 9** > The Latest and Greatest Weight-Loss Diet—Again 292
- CHAPTER 10** The Water-Soluble Vitamins: B Vitamins and Vitamin C 297  
**Highlight 10** > Vitamin and Mineral Supplements 331
- CHAPTER 11** The Fat-Soluble Vitamins: A, D, E, and K 339  
**Highlight 11** > Antioxidant Nutrients in Disease Prevention 360
- CHAPTER 12** Water and the Major Minerals 367  
**Highlight 12** > Osteoporosis and Calcium 396
- CHAPTER 13** The Trace Minerals 403  
**Highlight 13** > Phytochemicals and Functional Foods 428
- CHAPTER 14** Life Cycle Nutrition: Pregnancy and Lactation 437  
**Highlight 14** > Fetal Alcohol Syndrome 469
- CHAPTER 15** Life Cycle Nutrition: Infancy, Childhood, and Adolescence 473  
**Highlight 15** > Childhood Obesity and the Early Development of Chronic Diseases 513
- CHAPTER 16** Life Cycle Nutrition: Adulthood and the Later Years 519  
**Highlight 16** > Hunger and Community Nutrition 543
- CHAPTER 17** Nutrition Care and Assessment 551  
**Highlight 17** > Nutrition and Immunity 570



|                        |   |
|------------------------|---|
| <b>CHAPTER 18</b>      | Nutrition Intervention 577<br><b>Highlight 18 &gt;</b> Food Allergies 591   |
| <b>CHAPTER 19</b>      | Medications, Diet-Drug Interactions, and Herbal Products 595<br><b>Highlight 19 &gt;</b> Complementary and Alternative Medicine 609 |
| <b>CHAPTER 20</b>      | Enteral Nutrition Support 615<br><b>Highlight 20 &gt;</b> Inborn Errors of Metabolism 633   |
| <b>CHAPTER 21</b>      | Parenteral Nutrition Support 639<br><b>Highlight 21 &gt;</b> Ethical Issues in Nutrition Care 654                                   |
| <b>CHAPTER 22</b>      | Metabolic and Respiratory Stress 659<br><b>Highlight 22 &gt;</b> Multiple Organ Dysfunction Syndrome 675                            |
| <b>CHAPTER 23</b>      | Upper Gastrointestinal Disorders 679<br><b>Highlight 23 &gt;</b> Oral Health and Chronic Illness 698                                |
| <b>CHAPTER 24</b>      | Lower Gastrointestinal Disorders 703<br><b>Highlight 24 &gt;</b> Probiotics and Intestinal Health 729                               |
| <b>CHAPTER 25</b>      | Liver Disease and Gallstones 733<br><b>Highlight 25 &gt;</b> Anemia in Illness 750  |
| <b>CHAPTER 26</b>      | Diabetes Mellitus 755<br><b>Highlight 26 &gt;</b> The Metabolic Syndrome 779  |
| <b>CHAPTER 27</b>      | Cardiovascular Diseases 783<br><b>Highlight 27 &gt;</b> Coping with Feeding Disabilities 810  |
| <b>CHAPTER 28</b>      | Kidney Diseases 815<br><b>Highlight 28 &gt;</b> Dialysis 836  |
| <b>CHAPTER 29</b>      | Cancer and HIV Infection 841<br><b>Highlight 29 &gt;</b> Foodborne Illness 860  |
| <b>APPENDIX A</b>      | Cells, Hormones, and Nerves   |
| <b>APPENDIX B</b>      | Basic Chemistry Concepts  |
| <b>APPENDIX C</b>      | Biochemical Structures and Pathways   |
| <b>APPENDIX D</b>      | Measures of Protein Quality   |
| <b>APPENDIX E</b>      | Nutrition Assessment: Supplemental Information  |
| <b>APPENDIX F</b>      | Physical Activity and Energy Requirements   |
| <b>APPENDIX G</b>      | Exchange Lists for Diabetes   |
| <b>APPENDIX H</b>      | Table of Food Composition   |
| <b>APPENDIX I</b>      | WHO: Nutrition Recommendations; Canada: Guidelines and Meal Planning  |
| <b>APPENDIX J</b>      | Healthy People 2020   |
| <b>APPENDIX K</b>      | Enteral Formulas  |
| <b>GLOSSARY</b>        |   |
| <b>INDEX</b>           |   |
| <b>STUDY CARDS</b>     |   |
| <b>REFERENCE CARDS</b> |   |
| <b>INSIDE COVERS</b>   |   |
|                        | Dietary Reference Intakes A   |
|                        | Body Mass Index (BMI) Z   |