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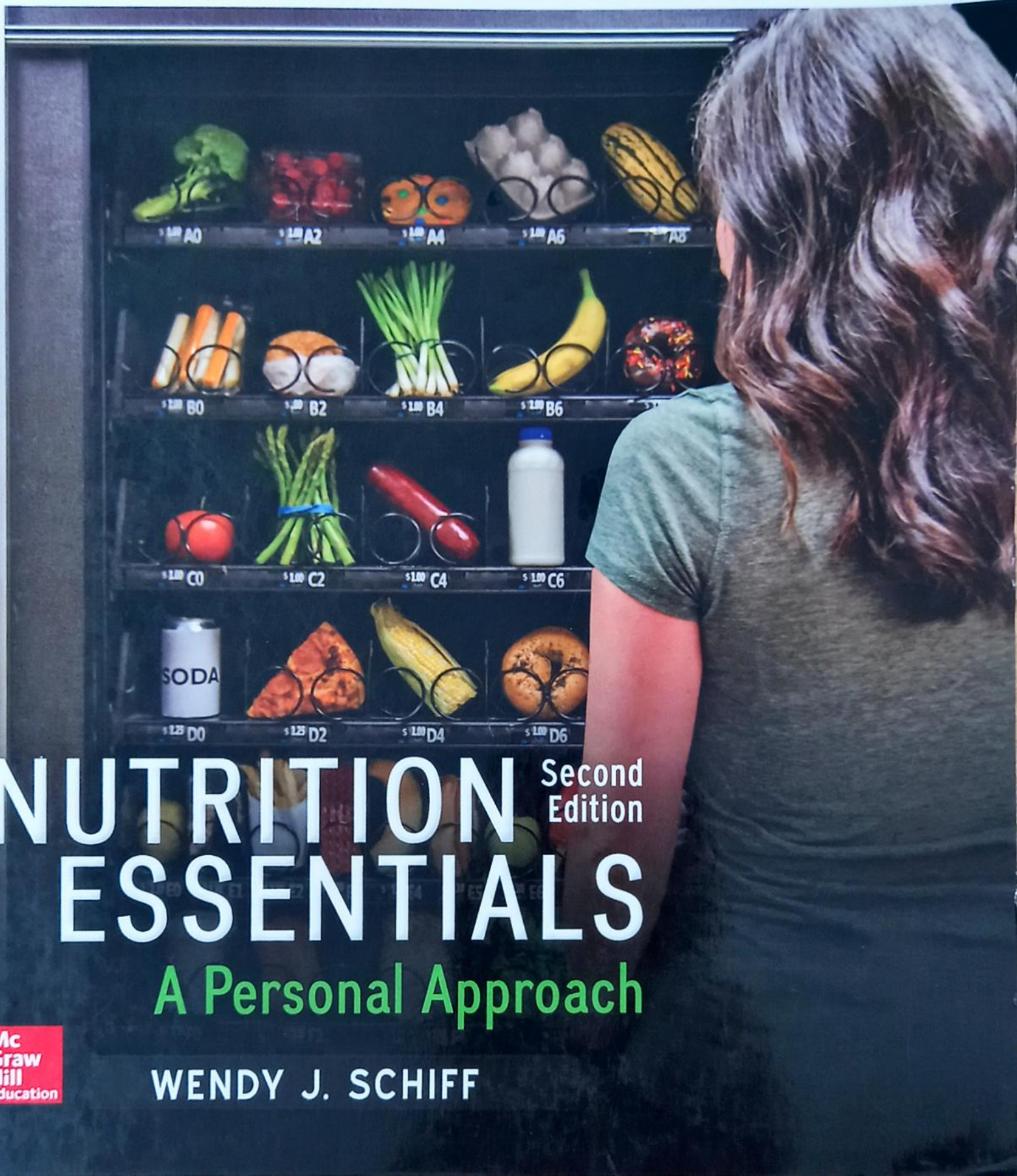


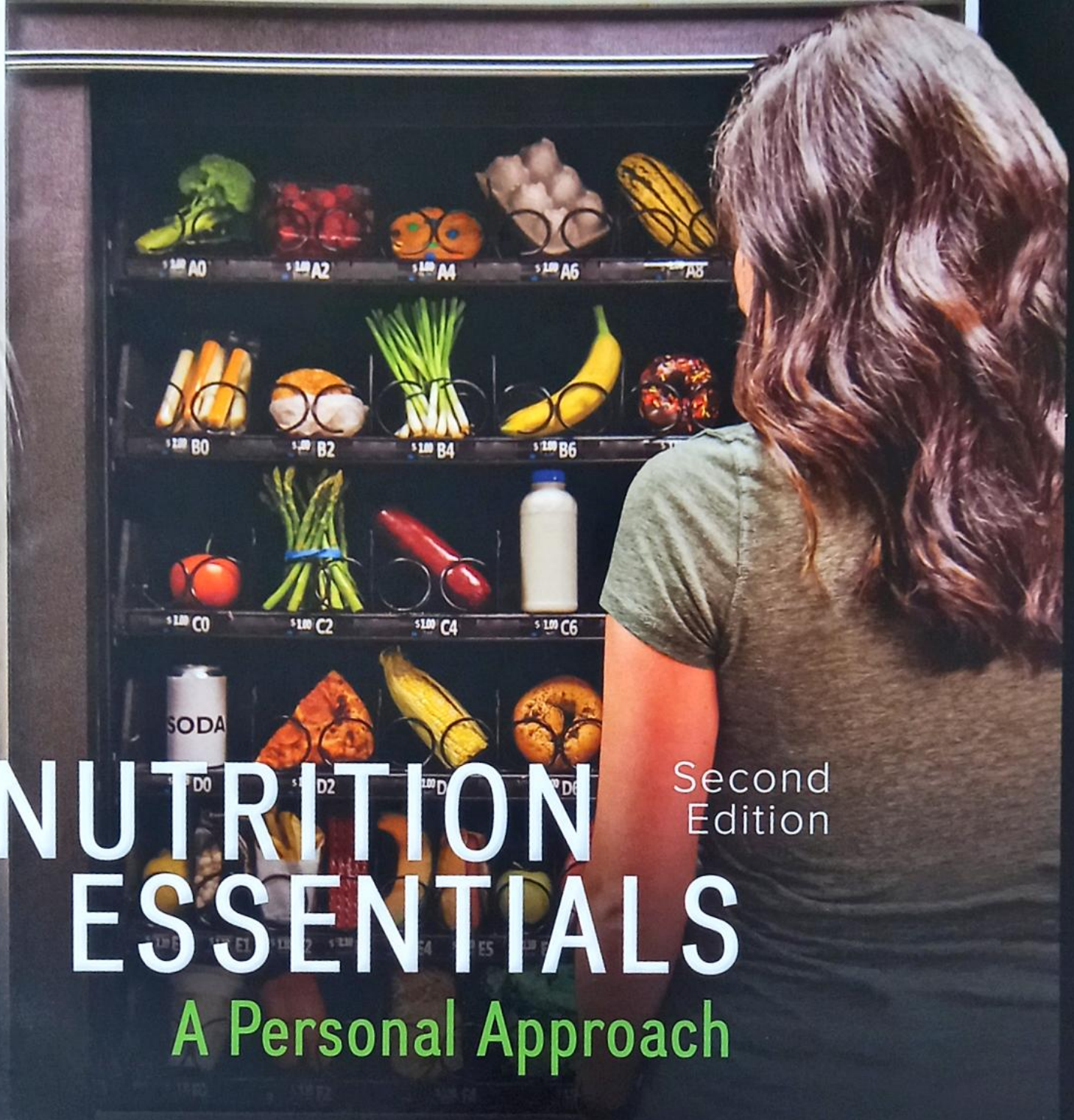
NUTRITION ESSENTIALS

Second Edition

A Personal Approach

WENDY J. SCHIFF

McGraw Hill Education



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WENDY J. SCHIFF, MS, RD

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Brief Contents

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1 Food *Is* More than Something to Eat 2

2 Nutrition Information: Fact or Fiction? 22

3 Making More Nutritious Choices 40

4 How Food Becomes You 70

5 Carbohydrates: Fuel and Fiber 100

6 Lipids: Focusing on Fats and Cholesterol 128

7 Proteins: Life's Building Blocks 160

8 Vitamins: Nutrients that Multitask 186

9 Key Minerals, Water, and the Nonnutrient Alcohol 228

10 Nutrition for a Healthy Weight and Fit Body 274

11 Nutrition for Your Life, Environment, and World 316

Appendixes

A English-Metric Conversion and Metric-to-Household Units A-3

B Canada's Food Guide A-4

C Daily Values (DVs) Table A-11

D The Basics of Energy Metabolism A-12

E Answers to *Test Yourself* Questions A-14

F References A-15

G Dietary Reference Intake (DRI) Tables A-29

H Stretching Your Food Dollars A-35

I Modifying Recipes for Healthy Living A-39

Contents

Preface viii

Unit 1 Food *Is* More than Something to Eat 2

Module 1.1 Why Learn About Nutrition? 4
Module 1.2 Nutrition Basics 6
Module 1.3 Key Nutrition Concepts 13

Unit 2 Nutrition Information: Fact or Fiction? 22

Module 2.1 Nutrition: Science for Consumers 24
Module 2.2 Spreading Nutrition Misinformation 30
Module 2.3 Becoming a More Critical Consumer of Nutrition Information 32
Module 2.4 Seeking Reliable Nutrition Information 36

Unit 3 Making More Nutritious Choices 40

Module 3.1 Requirements and Recommendations 42
Module 3.2 Planning Nutritious Meals and Snacks 45
Module 3.3 Making Sense of Food Labels 57
Module 3.4 Should I Take Dietary Supplements? 60

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Unit 4 How Food Becomes You 70

Module 4.1 From Cells to Systems 72
Module 4.2 Digestive System 75
Module 4.3 Common Digestive System Disorders 87
Module 4.4 Metabolism Basics 95

Unit 5 Carbohydrates: Fuel and Fiber 100

Module 5.1 Sugars, Sweeteners, Starches, and Fiber 102
Module 5.2 What Happens to the Carbohydrates You Eat? 113
Module 5.3 Carbohydrates and Health 117

Unit 6 Lipids: Focusing on Fats and Cholesterol 128

Module 6.1 What Are Lipids? 130
Module 6.2 What Happens to the Fat and Cholesterol You Eat? 138
Module 6.3 Cardiovascular Disease: Major Killer of Americans 142

Unit 7 Proteins: Life's Building Blocks 160

Module 7.1 What Are Proteins? 162
Module 7.2 What Happens to the Protein You Eat? 164
Module 7.3 Proteins in Foods 169
Module 7.4 What's Vegetarianism? 173
Module 7.5 Proteins and Health 176

Unit 8 Vitamins: Nutrients that Multitask 186

Module 8.1 Introducing Vitamins 188
Module 8.2 Fat-Soluble Vitamins 193
Module 8.3 Water-Soluble Vitamins 205
Module 8.4 Vitamins and Cancer 220

Unit 9 Key Minerals, Water, and the Nonnutrient Alcohol 228

Module 9.1 Minerals for Life 230
Module 9.2 Key Minerals and Your Health 234
Module 9.3 Water: Liquid of Life 256
Module 9.4 Drink to Your Health? 262

Unit 10 Nutrition for a Healthy Weight and Fit Body 274

Module 10.1 Overweight or Obese? 276
Module 10.2 Factors That Influence Your Body Weight 283
Module 10.3 Managing Your Weight Safely 289
Module 10.4 Disordered Eating and Eating Disorders 297
Module 10.5 Get Moving; Get Healthy! 300

Unit 11 Nutrition for Your Life, Environment, and World 316

Module 11.1 Nutrition for a Lifetime 318
Module 11.2 How Safe Is My Food? 334
Module 11.3 Dietary Adequacy: A Global Concern 345

Appendix A-1

A English-Metric Conversion and Metric-to-Household Units A-3
B Canada's Food Guide A-4
C Daily Values (DVs) Table A-11
D The Basics of Energy Metabolism A-12
E Answers to *Test Yourself* Questions A-14
F References A-15
G Dietary Reference Intake (DRI) Tables A-29
H Stretching Your Food Dollars A-35
I Modifying Recipes for Healthy Living A-39

Glossary G-1
Index I-1

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The cover depicts the many baffling choices we face each day when we decide what to eat for meals and snacks. Do we choose foods simply based on convenience, taste, or cost? Or do we choose foods based on other factors, including the food's contribution to our nutritional needs and possible effects on our health and well-being?

To make healthy food choices, we need to understand basic nutrition, including features of a healthy eating pattern and how what we choose to eat can affect our health now and as we grow older. *Nutrition Essentials: A Personal Approach* provides this information in an easy-to-understand and engaging manner. There's no simple one-size-fits-all approach to good nutrition. However, the information in this textbook will help you understand how the nutrients in foods affect your body, so you'll be able to evaluate your diet and improve it, if necessary.

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