

CONTENTS

<i>Acknowledgements</i>	v
<i>Preface</i>	vii
<i>List of Diet Charts</i>	xi

PART 1: Introduction 1

1. Food and Nutrition	3
2. Digestion, Absorption and Assimilation (Food Metabolism)	29
3. Carbohydrates	47
4. Proteins	68
5. Fats	83
6. Vitamins	99
7. Mineral Elements	146
8. Trace Elements	171
9. Water and Electrolytes	200

PART 2: Nutrition in Life Cycle 209

10. Diet in Pregnancy and Lactation	211
11. Diet for Growth and Development	231
12. Nutrition for Adults and the Aged	248
13. Nutrition and Weight Management	262
14. Diet and Stress	280
15. Diet and Athletics (Sports Nutrition)	301

PART 3: Bionutrition in Action	315
16. Diet Therapy	317
17. Diet for Gastrointestinal Disorders	345
18. Diet Therapy for Liver Diseases	370
19. Diet for Cardiovascular Diseases	383
20. Diet and Diabetes Mellitus	408
21. Diet for Kidney Diseases	426
22. Diet for Cancers	439
23. Miscellaneous Disabling Diseases	467
PART 4: Miracle Formula (Fruit and Juice)	495
24. Juicing—Juice Therapy in Action	497
<i>References</i>	515
<i>Index</i>	517