

Contents

Preface

v

1. Chemistry of Carbohydrates 1

Introduction	1
Classification	1
Monosaccharides	2
Disaccharides	6
Polysaccharides	7
Homopolysaccharides	7
Heteropolysaccharides	10
Mucopolysaccharides	10
Hyaluronic Acid	10
Heparin	10
Chondroitin Sulfate	10
Dietary Fiber	10

3. Chemistry of Lipids 21

Introduction	21
Definition	21
Classification	21
Simple Lipids	21
Compound Lipids	21
Derived Lipids	22
Fatty Acids	23
Chemical Properties of Fatty Acids	25
Fats	25
Physical Properties of Fats	25
Chemical Properties of Fats	25
Characterization of Fats	27
Steroids	27

2. Chemistry of Amino Acids and Proteins 12

Introduction	12
Amino Acids	12
Classification	12
Some Important Amino Acids	12
Properties of Amino Acids	13
Physical Properties	13
Optical Properties	13
Chemical Properties	14
Polypeptides	15
Proteins	15
Protein Structure	16
Classification of Proteins	16
Physicochemical Properties of Proteins	16
Functions of Proteins	18
Importance of Proteins	18
Denaturation of Proteins	18

4. Vitamins 29

Introduction	29
Definition	29
Classification	29
Provitamins	30
Fat Soluble Vitamins	30
Vitamin A	30
Food Sources	30
Functions	31
Toxicity	32
Vitamin D	32
Food Sources	32
Functions	33
Vitamin E	35
Food Sources	35
Functions	35
Vitamin K	36
Food Sources	36
Functions	36
Water Soluble Vitamins	36

Vitamin C (Ascorbic Acid) 36

Food Sources 37

Functions 37

B Complex Vitamins 37

Thiamine (Vitamin B₁) 38

Food Sources 38

Functions 38

Riboflavin (Vitamin B₂) 39

Food Sources 39

Functions 39

Niacin (Vitamin B₃) 40

Food Sources 40

Functions 40

Pyridoxal (Vitamin B₆) 41

Food Sources 41

Functions 42

Folic Acid 42

Food Sources 42

Functions 42

Cyanocobalamin—Vitamin B₁₂ 43

Food Sources 43

Functions 43

Biotin 44

Food Sources 45

Pantothenic Acid 45

Food Sources 45

Functions 45

Other Vitamins 46

Vitamin Antagonists 46

5. Minerals**48**

Introduction 48

Macroelements 48

Sodium 48

Potassium 50

Chlorine (as Chloride) 51

Calcium 51

Phosphorous 53

Magnesium 54

Microelements 55

Iron 55

Iodine 58

Copper 59

Zinc 60

Fluorine 61

Chromium 62

6. Enzymes**64**

Introduction 64

Classification 64

Nomenclature 66

Specificity of Enzymes 66

Factors Affecting Enzyme Activity 66

Mechanism of Enzyme Action 70

Physical Adsorption Theory 70

Chemical Combination Theory 70

Enzyme Activity versus its Specificity 70

Diagnostic Importance of Blood

Enzymes 71

Isoenzymes 71

7. Carbohydrate Metabolism 73

Introduction 73

Digestion and Absorption 74

Glycogen Synthesis 76

Details of Synthesis of Glycogen (Glycogenesis) 76

Glycogen Breakdown (Glycogenolysis) 77

Glycogen Storage Diseases 78

Fate of Absorbed Monosaccharides 78

Utilization of Fructose 78

Utilization of Galactose 79

Fate of Glucose 79

Glycolysis 79

Anaerobic Glycolysis 79

Reactions 81

Rapaport-Luebering Cycle 84

Aerobic Glycolysis 84

Tricarboxylic Acid Cycle 84

Pentose Phosphate Pathway 86

Uronic Acid Pathway 87

Gluconeogenesis 88

Functions of Gluconeogenesis 89

Substrates for Gluconeogenesis 89

Glycerol 90

Amino Acids 90

Synthesis of Fat (Lipogenesis) 90

Synthesis of Amino Acids and Proteins 90

Blood Sugar and its Regulation 90

Hormonal Regulation of Blood Sugar 91

Renal Control 92

Diabetes Mellitus 92

Symptoms 92

Changes in Metabolism 92

1. Carbohydrate Metabolism 93

2. Fat Metabolism 93

3. Protein Metabolism 93

4. Laboratory Diagnosis 93

Glucose Tolerance Test (GTT) 93

Glycemic Index 93

Glycosuria 94

8. Protein Metabolism 96

- Introduction 96
- Effect of Cooking 96
- Metabolism 96
 - Digestion 96
 - Absorption 98
- Amino Acid Pool 99
 - Processes which Contribute Amino Acids to the Pool 99
 - Nitrogen Balance 99
 - Processes which Remove Amino Acids from the Pool 100
- Amino Acid Catabolism 100
 - Removal of Ammonia 100
 - Utilization of Ammonia 101
 - Utilization of α -keto Acids 102
- Synthesis of Tissue Proteins 102
 - Site 102
 - Components 102
- Genetic Code 103
 - Processes 103
 - Steps 105
 - Mechanism 105
- Synthesis of other Nitrogenous Compounds 106
 - Inhibitors of Protein Synthesis 106
 - Mutation 106
 1. Point Mutation 106
 2. Frame Shift Mutation 106

9. Amino Acid Metabolism 107

- Introduction 107
- Synthesis of Amino Acids 108
 - Breakdown of Amino Acids 108
- Essential and Non-essential Amino Acids 108
 - Essential Amino Acids 108
 - Non-essential Amino Acids 110
- Non-protein Function of Amino Acids 110
- Inborn Errors of Amino Acids 110

10. Lipid Metabolism 112

- Introduction 112
- Fat Metabolism 112
- Digestion and Absorption of Dietary Lipids 113
 - Digestion of Fat 113
 - Absorption 114

- Transport of Lipids 115
 - Plasma Lipoproteins 116
- Separation of Plasma Lipoproteins 117
 - Electrophoretic Separation 117
 - Ultracentrifugal Separation 117
- Catabolism of Fat 118
- Catabolism of Glycerol 119
- Catabolism of Fatty Acids 119
 - Beta-oxidation Pathway 119
 - Energetics 120
- Anabolism 120
- Synthesis of Fatty Acids 121
 - Extra Mitochondrial Pathway 121
- Synthesis of Fat (Triglycerides) 122
- Synthesis of Phospholipids 123
 - Pathology 123
 - Ketosis 123
 - Fatty Liver 124
- Metabolism of Phospholipids 125
- Metabolism of Cholesterol 125
 - Introduction 125
 - Digestion, Absorption and Transport 125
 - Biosynthesis 125
- Atherosclerosis 126
- Gall Stones 127
- Hyperlipoproteinemia 127

11. Chemistry and Metabolism of Nucleic Acids 129

- Introduction 129
- Hydrolysis of Nucleoprotein 129
 - Phosphoric Acid 129
 - Nucleosides 131
 - Nucleotides 131
- Polynucleotides or Nucleic Acids 132
- Biological Significance of Nucleic Acids 133
- Biosynthesis of Purines 136
- Synthesis of Pyrimidines 137

12. Energy Metabolism (Biological Oxidation) 139

- Introduction 139
- Oxidation-Reduction Reactions 139
 - Enzymes of Oxidation-Reduction Reactions 139
- Biological Oxidation 140
- Electron Transport Chain 140

Components of ETC 141
 Complexes of ETC 143
 Oxidative Phosphorylation 143

13. Antioxidants 145

Introduction 145
 Free Radicals 145
 Formation of Free Radicals 146
 Processes That Generate Free Radicals 146
 Role of Oxygen Free Radicals 147
 Antioxidants 147
 Mechanisms Involved in the Disposal of Free
 Radicals by Antioxidants 147
 Free Radicals in Causing Diseases 148
 Cardiovascular Diseases 148
 Ageing 148
 Natural and Diet-derived Antioxidants 148

14. Dietary Fiber 150

Introduction 150
 Types of Fiber 150

Functions of Fiber 150
 Benefits of Dietary Fiber 152
 Side Effects of High Fiber Diet 153
 Summary of Dietary Fiber 153

15. Toxicants Present in Food 155

Introduction 155
 Naturally Occurring Toxicants 155
 Toxicants from Pathogenic Micro-
 organisms 157
 Contamination of Food with Toxic
 Chemicals, Pesticides and
 Insecticides 157

Appendices

Appendix 1: Introduction to Biochemistry 159

Appendix 2: Cell: Structure and Functions 161

Appendix 3: Acid-Base Balance 166

Appendix 4: Immunoglobulins 169

Index 173