

Personal Nutrition

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DEDICATION

With love and gratitude to Steve, always my beacon on the shore, and to Jesse, may we always have one more day...
—Marie Boyle Struble

To my best friend, JKR. Thank you for the rest of my life.
—Sara Long

About the Authors

MARIE BOYLE STRUBLE, Ph.D., R.D., received her B.A. in psychology from the University of Southern Maine, her M.S. in nutrition from Florida State University, and her Ph.D. in nutrition from Florida State University. She is author of the community nutrition textbook *Community Nutrition in Action: An Entrepreneurial Approach* and presently works as Professor and Director of the Graduate Program in Nutrition at the College of Saint Elizabeth, Morristown, New Jersey. She teaches undergraduate courses in Community Nutrition, Personal Nutrition, and Advanced Nutrition. She also teaches Human Metabolism of the Micronutrients, Nutrition and Aging, Health Promotion and Program Planning, and Nutrition Applications of Psychological and Sociological Issues in the Graduate Program at the College. Her other professional activities include serving as an author and reviewer for the American Dietetic Association and Florida Journal of Public Health, and participating as a member of the Osteoporosis Education Coalition of New Jersey. She maintains memberships with the American Dietetic Association, American Public Health Association, and Society for Nutrition Education.

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Preface

With this Fifth Edition of *Personal Nutrition*, we continue to develop the vision we had in writing the first edition of this book some 15 years ago—that is, to apply basic nutrition concepts to personal everyday life. The text is designed to support the many one- to four-credit introductory nutrition courses available to students today from a variety of majors. This edition reflects the many changes that have taken place in the field of nutrition in recent years, and offers all readers the opportunity to develop practical skills in making decisions regarding their personal nutrition and health. The challenge has been to teach the facts about nutrition as well as how to evaluate them and, most importantly, to motivate readers to apply what they learn in daily life. It is our hope that you will benefit from the many new findings and fundamental information presented in this edition and enjoy its new design and many new figures, photos, and cartoons—each with a clear message of its own.

Nutrition is a subject that is forever changing. Since the last edition was published, we have experienced continued growth of the Internet as a resource for learning; we have established new dietary recommendations and food safety initiatives. We have applauded the Surgeon General's Call to Action on Overweight and Obesity for the nation, and the continuing advances in genetics research for disease management. We have witnessed the emergence of new research findings regarding the phytonutrients, the marketing of functional foods for disease prevention, and the rise of complementary and alternative medicine. Additionally, we have been challenged by the increasing cultural diversity of our society, recent advances in biotechnology, and the parallel trends toward supersized food portions and obesity. Nutrition claims bombard us frequently in advertising and articles about diet and nutrition on television, radio, and the Internet, and in newspapers and magazines. It is important that you, as a consumer of the latest nutrition information, have the knowledge to evaluate the nutrition issues and controversies that confront you both today and tomorrow. Newspapers are quick to print nutrition breakthroughs, new fad diets appear monthly on the magazine racks, and television advertising extols the wonders of products of questionable value and we must evaluate and assess them. This Fifth Edition of Personal Nutrition continues to provide a sieve through which to separate the valid nutrition information from the rest.

XVIII PREFACE

Chapter 1 provides a personal invitation to eat well for optimum health and assists the reader in becoming a sophisticated consumer of new information about nutrition. It also explores the factors that affect food choices, including the media, advertising, and cultural factors. Chapter 2 introduces the basic nutrients the body needs along with the nutrition tools and most recent guidelines needed to help make sound food choices. It provides sample food labels for understanding nutrition information, terminology, and health claims found on labels. Chapter 2 also includes a section on various international and ethnic cuisines that highlights the multicultural heritage of our country. Chapters 3 through 7 present the nutrients and show how they all work together to nourish the body. The chapters on vitamins and minerals spotlight the emerging importance of the antioxidant nutrients and phytonutrients and also feature colorful food photos depicting food sources for individual vitamins and minerals. Alcohol is covered in depth in an entirely new Chapter 8. This new emphasis provides students with important information on alcohol's relationship to nutrition and health, helping them make informed and responsible decisions. Chapter 9 discusses weight management issues and includes a new summary table that compares the major weight-loss programs. Chapter 10 addresses the relationships between nutrition and personal fitness. Chapter 11 describes the special nutrition needs and concerns that arise during the various stages of the life cycle from conception through old age. The Food Guide Pyramids for Young Children and Healthy Aging are included. Chapter 12 addresses consumer concerns about the safety of our food supply and provides a glimpse at some of the problems and advantages of the newer food technologies.

The Savvy Diner feature now appears in every chapter, provides practical suggestions for healthy eating, and reinforces the recommendations made in the Dietary Guidelines for Americans. The Savvy Diners include tips for choosing healthy foods on campus, making healthy selections from the Food Guide Pyramid, consuming heart-healthy diets, moving towards a more plant-based diet, preserving vitamins in foods, seasoning foods without excess salt, dining out defensively, eating for peak performance, creating tasteful meals for one, and practicing home food safety.

The *Ask Yourself* sections at the beginning of each chapter contain a set of truefalse questions designed to provide readers with a preview of the chapter's contents. Answers to the questions appear on the following page. The *Nutrition on the Web* feature is located at the end of each chapter and contains an annotated list of World Wide Web addresses that provides links to reliable sources of nutrition and health information from the Internet related to the chapter's topics. Moreover, you can link with the Internet addresses presented in this book through the publisher's Nutrition Resource Center online at http://nutrition.wadsworth.com.

The *Nutrition Action* features that appear in every chapter are magazine-style essays that keep you abreast of current topics important to the nutrition-conscious consumer. The *Nutrition Action* features address topics such as fast food, smart snacking, dental health, the Mediterranean Diet, food allergies, medicinal herbs, diet and blood pressure, behavior modification for weight management, aging well with exercise, caffeine, and the organic foods industry.

Scorecards are hands-on features included in every chapter. Scorecards allow readers to evaluate their own nutrition behaviors and knowledge in many areas. Some of the Scorecards assist readers in assessing their longevity, overall diet, fruit and vegetable consumption, calcium intake, weight status, exercise habits, and food safety know-how.

The final special feature of each chapter is the *Spotlight*—which have been thoroughly updated. Each addresses a common concern people have about nutrition. *Spotlight* topics include nutrition and the media, ethnic cuisines, alternative sweeteners, diet and heart disease, the benefits derived from soy foods, the emergence of functional foods, osteoporosis, fetal alcohol syndrome, eating disorders, popular fitness aids and supplements, and nutrition and cancer prevention. The final



Spotlight covers the many factors that influence nutrition and food insecurity among the people of the world and underscores that the practical suggestions offered throughout this book for attaining the ideals of personal nutrition are the very suggestions that best support the health of the whole earth as well. The Spotlights continue in their question and answer format to encourage the reader to ask further questions about nutrition issues. We encourage you to ask us questions, too, in care of the publisher.

The Appendixes have been updated. Appendix A provides a colorfully illustrated introduction to the workings of the human body; Appendix B presents aids to calculations, including how to calculate the percentage of calories from fat in one's diet. Appendix B also provides a series of photos depicting the U.S. Food Exchange System. Appendix C includes the Canadian Dietary Guidelines and other recommendations; Appendix D includes the chapter reference notes; and Appendix E includes our Table of Food Composition. The Glossary of terms that follows the Appendixes provides a quick reference to the nutrition terminology defined in the margins of the text and can be used as a review tool. Finally, a new student CD-ROM accompanies every new copy of the text. The *Nutrition Action CD-ROM* includes animations, student practice tests, a glossary, and Web activities for each chapter in the text.

We welcome you to the fascinating subject of nutrition. We hope that the book speaks to you personally and that you find it practical for your everyday use. We hope, too, that by reading it you may enhance your own personal nutrition and health.

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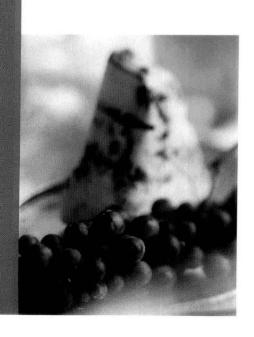
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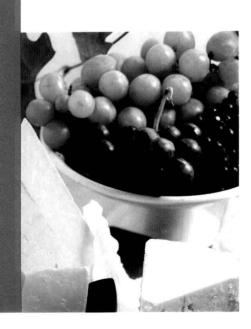
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