

Index

- a/B cultures, 526
- Acceptable Macronutrient Distribution Range (AMDR), 16, 25, 114, 507
- Accutane (isotretinoin), 432
- acesulfame potassium, 128, 129
- acidophilus, 526, 603
- acidulants, 198
- acne, 127, 432, 538
- acrylamide, 289
- active cultures, in yogurt, 91, 264, 437, 526
- acupuncture, 585
- additives, 196–202, 524, 529–531
- Adequate Intakes (AI), 15, 75
 - See also individual names of minerals, nutrients, vitamins*
- adipose tissue, 55
- adjustable gastric banding, 51
- adolescents, 426–431
 - acne and, 432
 - alcoholic beverages and, 14, 174
 - as athletes, 493–495
 - bodybuilding and, 434
 - braces and, 432
 - breakfast for, 235–236
 - caffeine and, 167, 168–169
 - calcium for, 428
 - dietary supplements for, 594
 - eating disorders in, 45, 433–434
 - fluids needed by, 156
 - MyPyramid for, 429, 431
 - omega-3 needs of, 54
 - physical activity for, 431–433
 - snacking by, 237–238
 - teenage pregnancy, 446
 - vegetarian diet for, 512–513, 521
 - weight management for, 433
 - See also children*
- adrenaline, 533
- adult day care, 471–472, 620
- Adverse Reaction Monitoring System (ARMS), 202
- African Americans
 - high blood pressure in, 555
 - lactose intolerance in, 524–525
- African food, 522
- African horned melon, 191
- aging. *See* mature adults
- agriculture. *See* food supply
- air travel, 158, 364–366
- alcohol, 13–14, 38, 172–178, 175
 - adolescents and, 14, 174
 - breast cancer and, 454
 - breast-feeding and, 14, 185, 378–379, 453
 - caffeine and, 168
 - calcium and, 578
 - calories in, 25, 173–174, 178
 - cancer and, 560
 - dangers of, 174–175
 - diabetes and, 573–574
 - eating out and, 342–343
 - health effects of, 172–173, 554
 - labels, 174
 - pregnancy and, 448
 - responsible drinking, 177
 - substitutions for, 176, 177
 - sulfites, 530
- alitime, 128, 129
- alkalizers, 198
- allergies, 523–541
 - allergen labeling, 251, 539
 - breast-feeding and, 453, 533
 - causes of, 533–538
 - coping with, 534, 538–541
 - food additives and, 200, 202
 - food biotechnology and, 208
 - food preparation and, 539–541
 - food sensitivities vs., 523–531
 - glucosamine and, 583
 - infants, 390, 395
 - milk sensitivity and, 408
 - peanuts, 375
 - pregnancy and, 533
 - school meals and, 417
 - sulfites, 174, 175
 - symptoms of, 532–533
 - wheat, 529
 - See also sensitivities*
- allicin, 309
- allyl methyl trisulfide, 111
- alpha carotene, 77–78
- alpha-galactosidase, 137
- alpha-linoleic acid (ALA), 53, 508–509
- alpha-tocopherol, 80
- altitude, cooking and, 299
- aluminum hydroxides, 596
- amaranth, 193, 328
- Amebiasis*, 288
- amenorrhoea, 579
- American Academy of Pediatrics, 165, 375, 390, 420, 503
- American Cancer Society (ACS), 560
- American Diabetes Association, 565, 568
- American Dietetic Association, 618, 619
- American Heart Association, 398, 421, 549
- amino acids, 82, 129, 501–502, 506–508, 531. *See also* protein
- amygdalin, 564
- androstenedione (andro), 503
- anemia, 106, 463, 492, 583–587
- animal-based foods
 - cholesterol in, 66
 - dietary fat in, 59
 - fat and cholesterol in, 60–61
 - for mature adults, 461
 - organic, 205–206
 - pesticides in, 202–205
 - vegetarian diet and, 506
 - See also* dietary fat; *individual types of foods*
- anorexia nervosa, 44–47
- antacids, 586, 588, 596
- anthocyanins, 108, 109, 309
- antibiotics
 - food interactions with, 588
 - in food supply, 211
- anticaking agents, 198, 199
- antimicrobials, 198
- antioxidants, 87–91, 309
 - blood cholesterol and, 548
 - dosage, 597
 - eye health and, 584
 - fiber and, 135
 - as food additives, 198
 - food sources of, 90–91
 - minerals, 90
 - in soft drinks, 171
 - in tea, 170
- appetite. *See* hunger
- applelike body shape, 23–24, 454, 551
- apples
 - applesauce, as fat replacer, 63
 - fiber in apple products, 140
- appliances
 - cleanliness of, 288–289
 - energy saving, 306
 - injury prevention and, 305
 - for special needs, 477–478
- arachidonic acid (ARA), 385
- arborio rice, 193
- arginine, 548
- aristolochic acid, 597–598
- arsenic, 160
- artesian water, 162
- arthritis, 583

- arugula, 187
 aseptic packaging, 195
 Asian Americans, lactose intolerance in, 524–525
 Asian pear, 191
 aspartame, 126, 128–129, 130, 530–531
 aspartic acid, 129, 531
 asthma, 538
 atemoya, 191
 athletes, 481–503
 adapting diet to sport, 495–496
 body fat ranges for, 497
 calories for, 486
 carbohydrates, 487–489
 children, adolescents as, 493–495
 day of event, 498–501
 dietary fat for, 489–490
 eating disorders in, 45
 ergogenic aids for, 501–503, 601
 fluids for, 481–486
 intensity of exercise, 503
 MyPyramid for, 493–496
 post-training diet for, 493
 pregnant, breast-feeding women as, 495
 protein for, 490–491
 travel for, 502
 vitamins, minerals for, 491–493
 weight management for, 496–497
 See also physical activity
 attention deficit-hyperactive disorder (ADHD), 119, 530. *See also* hyperactivity
 avocados, 59

 baba ghanouh, 357
 baby bottles, 386. *See also* bottle-feeding
Bacillus thuringiensis (Bt), 208
 bacteria
 biotechnology and, 206, 208
 in drinking water, 162, 163, 164
 foodborne illness from, 280–290, 295
 food processing and, 196–202
 ulcers and, 582
 See also safety; *individual names of bacteria*
 baking
 dietary fats for, 54
 fat replacers for, 59–63
 with fruits, vegetables, 317
 lean preparation tips for, 326
 shopping for ingredients, 275–276
 sugar and, 122–123
 baklava, 357
 barley, 193
 barracuda, 369
 basal metabolic rate (BMR), 25–27
 basmati rice, 193
 beans, 70, 221, 222
 adding to recipes, 329
 calcium in, 100
 in ethnic dishes, 189
 fat and cholesterol in, 61
 fiber in, 136, 137, 143–144
 portion size, 228

 shopping for, 272
 sodium in, 149
 beef, 71
 biotechnology and, 209
 dry heat cooking methods, 321
 fast food meals, 349–350
 fat and cholesterol in, 61
 hormones in, 206
 lean cuts, 319, 320
 low-fat cooking methods, 319
 mad cow disease, 285
 moist heat cooking methods, 322
 safe internal cooked temperatures, 298, 301
 storage of, 292, 293
 bee pollen, 603
 beer, 38, 172–174, 178. *See also* alcohol
 Benecol, 64, 548
 benzoic acid, 531
 beriberi, 79, 81
 beta carotene, 77–78, 88, 90, 104, 109, 208
 beta glucan, 135, 136, 139
 beverages
 for athletes, 484–486
 caffeine in, 167–169
 calcium-rich, 166–167 (*See also* milk)
 drinking in foreign countries, 369
 fast food, 350–351, 354
 fruit juice, 125
 fuctional, 171
 garnishes for, 311
 herbal, 170–171
 juice, 143, 165–166
 shopping for, 272–274
 soft drinks, 171–172
 soy, 103, 265, 385, 512
 sports drinks, 167
 tea, 169–171
 water as, 159–165
 See also alcohol; caffeine; fluids; milk
 BHA/BHT, 197–198
 bifidobacteria, 111, 526
 binge eating disorder (BED), 46
 binge eating/purging, 44. *See also* bulimia nervosa
 bioflavonoids, 309
 biological contaminants, 594
 biotechnology, 182, 206–211, 538
 biotin, 85
 bird flu, 289
 black cohosh, 457
 black tea, 169
 bleaching agents, 198, 199
 blenders, 331
 blood
 alcohol concentration in, 173, 175
 iron, 97–98, 104–107
 omega-3 fatty acids and, 56
 water content of, 155
 blood lipids, 57, 545–551. *See also* blood (serum) cholesterol
 blood orange, 191
 blood pressure
 caffeine and, 167–168
 calcium and, 102–103
 DASH diet, 8, 147, 557–559
 guidelines for adults, 556
 hypertension, defined, 553–555
 potassium and, 146–147
 sodium and, 146–147
 “white-coat hypertension,” 556
 See also heart disease
 blood (serum) cholesterol, 55, 421
 aging and, 459
 dietary cholesterol vs., 55, 65
 HDL and LDL, 55, 58, 64, 65–66, 136, 173
 heart disease and, 545–551
 See also dietary cholesterol; heart disease
 blood sugar, 116, 119
 aging and, 459
 carbohydrates and, 113
 fiber and, 136
 hypoglycemia and, 120–121
 supplements for, 602
 tests, 567–568
 See also diabetes; glucose
 blood tests, for allergies, 537
 blood-thinning medication, 588
 blue-green algae, 607
 bodybuilding, by teenage boys, 434
 body fat
 abdominal fat, 8–9, 23–24, 454, 551
 aging and, 459
 of athletes, 497
 body mass index (BMI), 21–23
 caloric equivalent, 29
 distribution, 23–24, 454, 551
 fat-soluble vitamins and, 75
 importance of, 54
 measuring, 8–9
 physical activity and, 36, 43
 water weight and, 155
 See also weight management
 body mass index (BMI), 8–9, 21–23
 chart, 23
 for children, 411
 health risks and, 24
 physical activity and, 36
 for pregnancy, 441–442
 vegetarian diet and, 504
 bok choy, 189
 bones
 aging and, 459
 calcium for, 99–104
 density, 576, 579
 low-“carb” dieting and, 48
 menopause and, 455–456
 physical activity for, 11
 vitamin D for, 78
 weight-bearing exercise for, 492–493
 See also calcium; osteoporosis
 boron, 92
 botanical supplements. *See* herbal supplements
 bottled water, vs. tap, 159–165
 bottle-feeding, 383
 breast-feeding vs., 373

- formula choices, 383–384
- portion size for, 386
- routine, 387–388
- solid food and, 388
- technique, 387
- bouquet garni, 335
- bovine somatotropin (BST), 204
- bovine spongiform encephalopathy (BSE), 285
- boys
 - bodybuilding by, 434
 - caloric needs for, 427
- braces, 432
- brain, 438
- braising, 314, 322
- bran, 134, 136, 139
- branched chain amino acids (BCAAs), 603
- bread, 28
 - for babies, 392
 - fiber in, 132, 134
 - shopping for, 276
 - yeast, 122–123
- breadfruit, 189
- breakfast
 - fast food, 349, 353
 - fiber and, 142
 - menu ideas, 234
 - “one-minute” breakfasts, 237
 - for school-age children, 417
 - shopping for, 271–272
 - while traveling, 367
- breast cancer, 454, 564
- breast-feeding, 451
 - alcoholic beverages and, 14, 185, 378–379, 453
 - benefits of, 373–376
 - bottle-feeding vs., 373
 - caffeine and, 169
 - calories for, 451–452
 - effect of nonfoods on, 453
 - flavor of breast milk, 452
 - fluids needed during, 157, 452–453
 - food allergies and, 533
 - during illness of mother, 379
 - nutrients for, 452
 - omega-3 needs and, 54
 - physical activity during, 453–454
 - positions for, 378, 380
 - success of, 379–380
 - supplemental bottles for, 381, 398
 - supplemental vitamins and, 513
 - technique, 377–379
 - vegetarian diet, 511–512
 - vitamin A recommendations for, 77
 - vitamin/mineral supplements for, 592
 - weight and, 440
 - while traveling, 369
 - by women athletes, 495
 - work schedule and, 381–382
- See also* women
- breasts, 375, 437–438. *See also* breast cancer; breast-feeding
- broccoli raab, 189
- broiling, 314, 321
- brown rice, 143, 193, 271, 328
- brown sugar, 14, 115, 123
- buckwheat, 193, 328
- bulgur, 193, 328
- bulimia nervosa, 44–47
- bulk fillers, 48, 140
- bullying, 421
- butter, 28, 58, 59, 72
- butterfat, 57
- buttermilk, 329
- cactus pads, 189
- caesin, 308
- caffeic acid, 110
- caffeine
 - athletes and, 485
 - blood pressure and, 557
 - breast-feeding and, 453
 - calcium and, 103
 - in chocolate, 127
 - diuretic effect of, 466
 - fluid requirements and, 158
 - hyperactivity and, 167
 - migraines and, 531
 - during pregnancy, 447
 - sleep and, 172
 - sources of, 168
- cakes, 123
- calcium, 12, 92–93, 99–104, 170, 226
 - for athletes, 492–493
 - during breast-feeding, 452
 - caffeine and, 168
 - food sources of, 265, 269, 360
 - fortifying recipes with, 329–330
 - intake recommendations for, 165
 - for mature adults, 462
 - menopause and, 455–456
 - osteoporosis and, 578, 579
 - during pregnancy, 439, 445, 511
 - premenstrual syndrome and, 436
 - propionate, 198
 - requirements for adolescents, 427–428
 - salt and, 147
 - snacking and, 237
 - sources of, 166–167, 225, 265
 - supplements, 595–596, 609
 - vegetarian diet and, 509–510, 511
- See also* dairy foods
- Calicivirus, 288
- calories, 8
 - for adolescents, 427
 - in alcohol, 172–174, 178
 - assessing energy need and, 30
 - balancing intake of, 22, 24–29, 39
 - body fat equivalent, 29
 - for breast-feeding, 451–452
 - in carbohydrates, 113
 - cholesterol and, 65
 - in cream products, 265
 - discretionary, 37–38, 43
 - fad diets and, 47–49
 - in fast food, 348, 353–354
 - in fat replacers, 63–64
 - food label terms, 39
- low-“cal” foods, 39
- for mature adults, 460
- MyPyramid guidelines for, 37, 213–218
- in oil, 68
- in pizza, 352
- during pregnancy, 443
- for preschoolers, 405
- in salad bar ingredients, 344
- saturated fat intake and, 69
- for school-age children, 410–412
- in soft drinks, 165
- in sugars, 124, 126
- Campylobacter jejuni*, 195, 282–283
- cancer, 557–559
 - breast, 454
 - breast-feeding and, 376, 379
 - calcium and, 103
 - cyclamates, 202
 - defined, 559
 - fiber and, 134, 135–136
 - reducing risks of, 559–561
 - tests for, 561–564
 - treatments for, 562–565, 588
 - vitamins and, 88
- See also* individual names of cancers
- Candida vulvovaginitis*, 436–437
- candy, 117, 123, 489. *See also* sugars
- cane sugar, 123
- canned foods, 269–277, 277–279
- canola oil, 57, 65
- cape gooseberries, 191
- cappuccino, 167–169
- capsaicin, 308
- carbohydrates, 12–13, 14, 112–131
 - for athletes, 482, 486–489, 501
 - calories in, 24, 25, 113
 - complex, 14–15
 - counting, 571–572
 - diabetes and, 568, 570
 - in fat replacers, 59–63
 - food sources of, 122–125, 124–125
 - glycemic index (GI) and, 50, 116, 572
 - health issues and, 115–121
 - intake recommendations, 113–115
 - intense sweeteners and, 128–131
 - “loading,” 488–489
 - low-“carb” dieting, 47
 - protein and, 507
 - sugar alcohols and, 126–128
 - weight gain and, 29
- See also* sugars
- carcinogens, 135
- cardiovascular fitness, 9, 549. *See also* heart disease
- Caribbean food, 365, 521
- carnitine, 502, 603–604
- carob, 127
- carotenoids, 53, 75–78, 90, 108, 109, 309, 317
 - antioxidants, 87, 88
 - food sources of, 78, 208
 - for mature adults, 463
- See also* vitamin A

- carrageenan, 528
 casein, 539
 cassava, 189
 catechins, 108, 109
 celebration menus, 41. *See also* eating habits
 celeriac, 189–190
 celery, 149
 celiac disease. *See* gluten intolerance
 cellulose, 59, 133
 Centers for Disease Control, 165, 368, 418, 434
 ceramic dishes, 291
 cereals, 115, 349
 fortified, 197
 for infants, 390, 392
 recipe ideas, 235
 shopping for, 271–272
 challenge tests, 537–538
 chaparral, 600
 chard, 190
 chayote, 190
 cheese, 118
 cottage cheese, 265
 equivalent measures, 329
 feta, 72
 graters, 331
 saganaki, 357
 shopping for, 264–267
 yogurt cheese, 71, 332
 See also dairy foods
 chemotherapy, 565
 breast-feeding and, 379
 side effects of, 561–564
 cherimoya, 191
 chewing problems, 460, 474
 chicken, 72
 bird flu and, 289
 fast-food meals, 349–350, 353
 lean cuts, low-fat cooking methods, 319
 portion size for, 261
 safe internal cooked temperatures, 298, 301
 safe stuffing of, 297
 storage of, 293
 supermarket shopping for, 260–261
 See also poultry
 chicory, 190
 Child and Adult Care Feeding program, 620
 child care, 408–410, 620
 children, 410–412
 alcohol and, 14, 174
 allergies in, 541
 athletes, 493–495
 blood cholesterol and, 421
 BMI for, 411
 breakfast for, 235–236, 417
 caffeine and, 167, 168–169
 calcium for, 92
 choking and, 304, 395–398
 diabetes in, 573
 eating out with, 370, 421–422
 essential fatty acids for, 53
 fiber for, 140
 flavored milk for, 128
 fluids needed by, 156, 418
 food allergies in, 534
 herbal supplements and, 611
 kitchen safety for, 425–426
 MyPyramid for, 411–413
 nutrition and growth, 412–418
 nutrition education for, 413–414, 416–418
 nutrition programs for, 619
 obesity in, 31
 omega-3 needs of, 54
 physical activity for, 422
 snacks for, 237–238, 411, 424
 supplements for, 414–415, 594
 tooth decay in, 117
 vegetarian diet for, 512–513, 521
 weight management for, 418–421
 See also adolescents; infants; preschoolers
 chile peppers, 308, 362
 Chinese food, 359–362, 521
 “Chinese restaurant syndrome,” 531
 five-spice blend, 153
 chloride, 94, 146
 chlorine, 160, 162, 163
 chocolate, 127, 538
 choking, preventing, 304, 395–398
 cholecalciferol, 79
 cholesterol, 11, 55
 blood vs. dietary, 55, 65
 definitions, 55
 fiber and, 136–137
 oat bran and, 139
 reducing intake, 67–69, 72–73
 trans fats and, 58
 choline, 86, 605
 chondroitin sulfate, 604
 chromium, 95, 491, 502, 572, 602
 chondroitin sulfate, 584
 chronic fatigue, 585
 citric acid, 198
Clostridium botulinum, 282, 283, 286, 335, 384, 390, 391
Clostridium perfringens, 282, 283
 clothing
 body size and, 50
 for exercise, 483
 club soda, 164
 cocoa, 166–167
 coconut, 541
 milk, 72
 oil, 57, 58, 65
 cod liver oil, 79
 coenzymes, 74, 604
 coffee
 calcium and, 103
 grinders, 331
 cold pasteurization, 195
 colds, “starving,” 585
 colitis, 582
 collagen, 104
 color, food choice and, 309–310
 Color Additives Amendments, 201
 “color-crunch” test, 233
 colorectal cancer, 560–561
 colorings, 199, 200, 530
 colostrum, 375
 comfrey, 600
 competitive sports, 423, 424
 complex carbohydrates, 14–15, 112–113, 132
 condensed milk, 266, 273
 condiments, shopping for, 274
 confectioner’s sugar, 123
 conjugated linoleic acid (CLA), 16, 56, 604
 constipation, 135
 in babies, 393
 cancer treatment and, 562
 fiber, 580
 in mature adults, 473–474
 during pregnancy, 447–448
 vegetarian diet for, 514
 See also fiber
 contraception, 437
 convenience foods, 181, 187, 196, 239–240
 cost of, 255
 shopping for, 270
 supermarket take-out foods, 277
 cookies, 123
 cookware, 233, 288, 305, 331–332
 coordination, 11
 copper, 90, 92, 96
 corn chips, 220
 cornmeal, 138
 corn oil, 57
 corn sweeteners, 123
 corn syrup, 115, 123, 274, 390
 corn tortillas, 91
 corticosteroids, 588
 cottage cheese, 265
 cottonseed oil, 57, 58
 couscous, 192
 cow milk, for infants, 384
 crackers, 274
 cranberry juice, 437
 cravings, during pregnancy, 451
 cream, 265, 268–269
 cream cheese, 265–267
 creatine supplements, 483, 502, 604
 Creutzfeldt-Jakob disease, 285
 Crohn’s disease, 582
 cross-contamination, of bacteria, 289
 cruciferous vegetables, 222
 cruises, 367
Cryptosporidium, 163, 284–285
 crystalline fructose, 114, 129
 Culinology, 200
 cups, for babies, 391
 curry, 153, 334
 cutting boards, cleanliness of, 289
 “cyberdieting,” 51
 cyclamate, 128, 129
 cystic fibrosis, 80
 daidzein, 110
 daikon, 190

- Daily Values (DV), 75
 for children under four years, 397
 on food labels, 77
See also individual names of vitamins, minerals, phytonutrients
- dairy foods, 12, 71
 for adolescents, 428
 BST, BGH, 204
 calcium in, 100, 102, 103
 calories in cream, 265
 cheese, 118
 common allergens and, 535
 in ethnic dishes, 189
 fat and cholesterol in, 60, 226
 fat and cholesterol substitutions, 324
 feta cheese, 72
 with hot peppers, 308
 for infants, 393
 lactose intolerance, 104, 113, 266, 408, 524–526
 margarine vs. butter, 28
 MyPyramid Milk Group, 214, 224–226
 portion size, 226
 raw, 402
 storage of, 293
 supermarket shopping for, 264–267
 vegetarian diet and, 506, 517
 vitamin D in, 78
 weight management and, 27
 yogurt cheese, 71
See also food supply; milk; individual names of nutrients
- DASH diet (Dietary Approaches to Stop Hypertension), 8, 147, 557–559
- dasheen, 190
- death, leading causes of, 542
- degreasing method, 323
- dehydration, 49, 155, 156, 158
 air travel and, 364–366
 athletes and, 482, 484, 486
 in infants, 376
 for mature adults, 464–465
See also fluids
- Delaney Clause, 202
- dental health. *See* oral health
- depression, 466, 585
- desserts
 baklava, 357
 fast food, 351, 354
 fortune cookies, 361
 frozen, 268–269
- “DETERMINE,” warning signs of poor nutrition, 469
- dextrins, 59, 123
- DHA (docosahexaenoic acid), 53–54, 71, 385, 604–605
- DHEA (dehydroepiandrosterone), 503, 604
- “Diabesity” (Shape Up America), 586
- diabetes, 565–566
 carbohydrates and, 119–120
 in children, 419, 573
 defined, 566
 early detection for, 567–568
 fiber and, 136
 fluids and, 157
 food guide for, 569–574
 gestational, 442, 449, 566
 glucosamine and, 583
 glycemic index (GI) and, 116
 management of, 568–575
 type 1, 573
 type 2, 419, 556, 567
See also carbohydrates; sugars
- diallyl sulfide, 111
- diarrhea
 caffeine and, 168
 cancer treatment and, 562
 from contaminated water, 163–164
 foodborne illness, 286
 in infants, 376
 travelers’, 368–369
See also foodborne illness
- dietary cholesterol, 55
 blood cholesterol vs., 55, 65
 “cholesterol-free” foods, 67
 in eggs, 267, 553
 in fast-food items, 353–354
 “no cholesterol” foods, 67
 reducing techniques, 318–326
 in specific foods, 60–63, 66–67
- dietary fat, 12, 15, 52–73, 55
 for athletes, 489–490
 blood cholesterol and, 546
 calories in, 24, 25
 cancer and, 135, 560
 cholesterol vs., 64–67
 in dairy foods, 226
 degreasing method, 323
 in fast food, 348, 349
 in fast-food items, 353–354
 fat replacers, 59–64, 63
 importance of, 52–55
 for infants, 32
 low-fat foods, 39
 for mature adults, 460
 portion size and, 66–67
 for preschoolers, 405
 reducing intake of, 68–72
 reducing techniques, 318–326
 in salad bar ingredients, 344
 saturation types, 57–59
 in specific foods, 60–63, 70
 triglycerides and, 549
 types of, 55–57
See also body fat; fatty acids
- Dietary Guidelines (2005), 7
 on alcohol, 13–14
 for breast-feeding, 451–453
 on calories, 8
 on carbohydrates, 12–13
 for children, 397, 402, 412–413, 419, 423
 on cholesterol, 65
 on dietary fat, 69
 on fats, 12
 on food groups, 9–12
 on food safety, 14
 for infants, 402
 for mature adults, 465
- MyPyramid, 12
 on physical activity, 9
 on potassium, 13
 for pregnancy, 444, 450
 on sodium, 13
 on trans fats, 58
 on weight management, 8–9
- Dietary Reference Intakes (DRI), 15–16, 75. *See also individual names of vitamins, minerals, nutrients*
- Dietary Supplement Health and Education Act (DSHEA), 590, 601
- dietetic technicians (DTR), 619
- diet exchanges, on food labels, 251, 571–572
- dieting
 adolescents and, 433–434
 by children, 31
 diet fads, 47–49
 healthful lifestyle change vs., 33
 low-“cal” vs. low-fat foods, 39
 low-“carb” dieting, 42
 during pregnancy, 441–442
 as trigger for eating disorders, 45
See also weight management
- diet pills, 51
- digestion, calories burned by, 27
- digestive tract, food allergies and, 532
- dim sum, 361
- dinner menu ideas, 234
- dip herb blend, 153
- dips, 297
- disaccharides, 112
- discretionary calories, 37–38, 43
- dishcloths, cleanliness of, 288–289
- dishes, 291, 303
- disinfectants, 202
- distilled water, 162
- dithiolthiones, 111
- diuretics, 51, 147, 158, 168, 172, 586
- diverticulosis, 135, 581–582
- doctor-prescribed eating plans, 584
- dolmas, 357
- domburi, 363
- dong quai, 457
- dopamine, 127
- “dowager’s hump,” 576
- dressings, 274–275
- driving, eating and, 348
- dry mouth, 474–475
- East African food, 522
- eating disorders
 adolescents and, 433–434
 in school-age children, 421
 treatment for, 46–47
 types of, 44–45
 warning signs of, 45–46
- eating habits, 44
 analysis of, 38–40
 modeling good habits for children, 402, 403
 triggers for overeating, 40–41
See also meal planning

- eating out, 338–370
 with children, 370, 421–422
 customizing orders, 339–341
 ethnic cuisine, 352–364, 365
 fast food, 346–352, 353–354
 flavor and, 369–370
 lean choices for, 340
 moderation, 341–343
 by oneself, 346
 planning for, 339
 portion sizes and, 340, 342, 347–348
 safety and, 340, 345–346, 368–369
 salad bars, 343–345
 sauces, types of, 343
 school meals, 412–414
 sodium content in foods, 154
 understanding menu language, 339, 341, 342, 355, 360
 vegetarian meals in, 520–523
 while traveling, 364–369
- echinacea, 598
- ecological conservation, 306
- edema, 146, 448
- egg drop soup, 360
- eggs, 101, 228
 common allergens and, 535
 fat and cholesterol in, 61
 heart health and, 553
 lean cooking tips for, 323–324
 replacers, 278
 safe internal cooked temperatures, 298, 301
 safety of, 281, 295, 301–302, 402, 450
 separators for, 331
 shopping for, 267–268
 storage of, 293
 tattoos on shells of, 253
 types of, 268
 vegan alternatives to, 520
 vegetarian diet and, 517
 whites of, for babies, 395
- elderly. *See* mature adults
- electrolytes, 92, 94–95, 146, 485–486, 491–492
- ellagic acid, 110
- emergencies
 boxed milk for, 273
 children and, 426
 food supply for, 295
 supply checklist for, 296
 water supply for, 161
See also safety
- emotions, overeating and, 40, 419, 420
- emulsifiers, 54, 198, 199
- endosperm, 134
- energy
 aging and, 459
 assessing need for, 30
 breakfast and, 236
 caloric intake and, 22
 carbohydrates for, 113
 from dietary fats, 54
 physical activity and, 36
 sources of, for athletes, 487–489
 supplements for athletes, 493
See also calories
- energy conservation, 306
- energy drinks, 171
- “enriched” foods, 84, 197
- Environmental Protection Agency (EPA), 159, 163, 203, 210
- enzymes, 74
 alpha-galactosidase, 137
 lactase, 524, 525
 rennet, 208
 sugars and, 113
 supplements, 601
- EPA (eicosapentaenoic acid), 53–54, 71, 604–605
- ephedrine, 600
- epicatechins, 109
- epinephrine, 533
- Equal, 128
- ergogenic aids, 501–503, 601
- erythritol, 126
- escarole, 190
- Escherichia coli*, 281, 282–284, 295
- Escherichia coli* O157:H7, 195, 196, 282–284, 449
- Estimated Average Requirement (EAR), 16
- estrogen, 134, 418–419
 bone health and, 101
 heart disease and, 456
 therapy, 579
- ethnic foods, 352–355
 allergies and, 541
 Caribbean, 365
 Chinese food, 359–362
 food sensitivities and, 531
 French, 365
 German, 365
 Greek, 357–358
 Indian, 365
 Italian, 355–357
 Japanese, 363
 Mexican, 358–359
 Middle Eastern, 365
 Russian, 365
 seasoning combinations for, 334
 Thai, 362–363
 vegetarian selections, 521–522
 Vietnamese, 362–363
- evaporated cane juice, 123
- evaporated milk, 266, 273
- extension service programs, 619
- eyes, 583
 vitamin A for, 76–77, 79
- family, eating together, 415
- farmers’ markets, 259, 470
- fast food, 346–352. *See also* eating out
- fasting, 49, 482
- “fat-free” foods, 64, 183
- fathers, of breast-fed infants, 380–381
- fatigue
 anemia and, 106
 chronic, 585
 thyroid and, 455
- See also* anemia
- fat replacers, 553
- fat-separating pitchers, 331
- fat-soluble vitamins, 75–81. *See also* individual names of vitamins
- “fat tooth,” 119
- fatty acids, 15, 71, 208
 defined, 55
 essential, 53–54, 553
 for infants, 385
 omega fatty acids, 16
 polyunsaturated, 55–57, 68, 71
 pregnancy and, 511
 unsaturated, 57
 vegetarian diet, 508–509, 511
See also dietary fat; omega fatty acids
- FD&C Yellow No. 5, 530
- feijoa, 191
- “feminine foods,” 455
- fennel, 190
- fertility
 breast-feeding and, 398
 nutrition and, 438
- ferulic acid, 110
- feta cheese, 72
- fiber, 14–15, 16, 132–144, 141–142
 blood cholesterol and, 547
 boosting in recipes, 327–328
 in cereals, 271
 dieting and, 48
 food labels, 134, 137, 138, 142
 food sources of, 133, 138–144
 high-fiber, low-calorie diets, 48
 importance of, 132–138
 infants and, 392
 intake recommendations, 137–138
 for irritable bowel syndrome, 582
 for mature adults, 459
 during pregnancy, 446
 types of, 135
See also constipation
- fibrocystic breast disease (FBD), 437–438
- fibromyalgia, 437
- filtration, for drinking water, 164
- fine herbes, 335
- finfish. *See* fish
- fungers, 594
- fire safety, 426
- fish, 71
 calcium and, 100, 102, 103, 269
 common allergens and, 536
 dry heat cooking methods, 321
 fast food meals, 349–350, 353
 fatty acids in, 53–54, 56
 garnishes for, 311
 international travel and, 369
 lean cuts, low-fat cooking methods, 319
 moist heat cooking methods, 322
 nam bla, 362
 portion size, 262–263
 raw, during pregnancy, 449
 safe cooking of, 299
 salmon, 72, 100
 storage of, 293

- supermarket shopping for, 261–263
- sushi, sashimi, 363
- vitamin D in, 79
- fish oil supplements, 553, 604–605
- flavonoids, 108, 109–110, 170
- flavonols, 109
- flavor
 - ethnic foods for, 184–189
 - extracts, 332
 - flavored waters, 164
 - flavor enhancers, 200
 - flavorings, 200
 - food additives and, 199–200
 - in milk, 166–167
 - organic foods and, 205
- flaxseed, 136, 605
- flaxseed oil, 57
- flour, 275–276, 278
- flowers, edible, 312, 335
- fluids, 43, 155–178
 - aging and, 459
 - alcoholic beverages, 172–178
 - for athletes, 481–486, 501
 - balance of, 146, 158
 - for breast-feeding, 452–453
 - caffeinated beverages, 167–169
 - calcium-rich choices, 166–167
 - for children, 418
 - dehydration and, 156
 - fluoridated water, 159
 - food labels for, 174
 - food sources of, 157
 - fictional beverages, 171
 - importance of, 155–156
 - intake recommendations, 156–158
 - juices, 165–166
 - for mature adults, 464–465
 - soft drinks, 171–172
 - sports drinks, 167
 - tea, 169–171
 - water sources, 159–165
 - for young athletes, 494
 - See also* alcohol; beverages; dehydration; water
- fluoride, 96, 117, 118, 159, 162
 - for infants, 382, 385
 - in tea, 170
- folate (folic acid, folacin), 83–84, 587, 609
 - blood cholesterol and, 548
 - breast-feeding and, 452
 - for mature adults, 463–464
 - during pregnancy, 439, 511
 - pre-pregnancy planning, 438–441
- Food Additives Amendment, 202
- Food Allergen Labeling and Consumer Protection Act, 539
- food and activity diaries, 16, 40
- food biotechnology, 182, 206–211, 538
- foodborne illness, 196, 280–290
 - eating out and, 345–346, 368–369
 - in infants, young children, 384, 390, 398
 - mature adults and, 466
 - response to, 286
- risk factors for, 283
- See also* safety
- food choices, 5
 - by adolescents, 430
 - Dietary Guidelines (2005) and, 7–14
 - fitness and, 5–7
 - flavor and, 307–314
 - goal setting and, 16–18
 - nutrients and, 14–16
 - physical activity and, 36
 - premenstrual syndrome (PMS) and, 436
 - of preschoolers, 404–405, 408
 - of school-age children, 412–413, 415
 - for snacking, 38
 - See also* food preparation; food supply; meal planning
- food colors, 199–200
- food combining, 51
- food cravings, 38, 49, 54
- food groups, 9–12
- food industry groups, 620
- food labels, 181–182, 195–196, 199, 205, 206, 210–211, 243–245
 - alcohol warnings, 174, 448
 - calcium, 104
 - carbohydrates and diabetes, 570
 - dietary guidance statements, 250
 - of dietary supplements, 593
 - for “fat-free” foods, 64
 - fiber, 134, 137, 138, 142
 - folate and, 440
 - Food Allergen Labeling and Consumer Protection Act, 539
 - food sensitivities and, 525, 527
 - gluten, 527, 528
 - guidelines for children, 397
 - health claims on, 245, 250, 251
 - ingredient lists, 245, 249
 - lactose, 525
 - for meat, 260
 - for “no cholesterol/cholesterol-free” foods, 67
 - nutrient-content claims, 245–247
 - nutrient-content claims, by restaurants, 339
 - Nutrition Facts, 13, 38, 39, 245, 247–248
 - poultry, 261
 - safety and handling tips on, 250–251
 - salt, 150, 153, 154
 - for snacks, 239
 - structure/function claims, 245, 250
 - sugars, 114, 120, 123, 127–128
 - supplement labels, 612–614
 - vitamins and minerals listed on, 77, 89
 - water, 161–162
 - whole grains, 277
 - See also* food supply; individual names of foods and nutrients
- food pantries, 620
- food preparation, 295–305
 - alcohol in, 175, 176
 - alternatives for mature adults, 470–471
 - baby food, bottles, 393–395
 - calcium in, 103–104, 329–330
 - charred foods, 560–561
 - by children, 424–426
 - cookware for, 331–332
 - culinary terms for, 314
 - dietary fats in, 54–55
 - ecological conservation and, 306
 - fat- and cholesterol-reducing techniques for, 318–326
 - fat replacers for, 59–63
 - fiber and, 139, 142–143, 327–329
 - flavor in, 307–314
 - food allergies and, 539–541
 - food label instructions, 252
 - food preservation, 149, 196–202
 - food storage and, 290–295
 - infant formula, 385–386
 - intense sweeteners for, 129–131
 - iron and, 106
 - kitchen cleanliness and, 288–290
 - kitchen injury prevention and, 305
 - limiting fat and cholesterol, 70
 - for mature adults, 468–469
 - phytonutrients and, 108
 - preventing foodborne illnesses, 280–288
 - salt-reducing techniques for, 326–327
 - seasoning for, 332–337
 - sodium in, 148–151, 154
 - stocking ingredients for, 315, 517–518
 - sugar and, 122–123, 125
 - sugar-reducing techniques for, 330–331
 - time constraints and, 233
 - vitamin content of foods and, 81, 83, 318
 - water safety and, 159–165
 - See also* safety
- food processing, 194–196
- food processors (appliance), 331
- food safety. *See* safety
- food service, defined, 338. *See also* eating out
- food stamps, 470, 619
- food supply, 181–211, 280
 - additives in, 196–202
 - biotechnology and, 182, 206–211
 - country of origin, 253
 - ethnic foods, 184–189
 - functional foods, 182, 183
 - less common fruits, 191–193
 - less common grains, 193–194
 - less common vegetables, 187–191
 - packaging and, 181–182, 195–196, 197, 199, 205, 206, 210–211 (*See also* food labels)
 - pesticides and, 202–205, 210
 - processing, 194–196
 - selection of, 181–184
 - See also* kitchen safety
- food tampering, 277
- foot-and-mouth disease, 285
- formula, for babies, 383–384, 386. *See also* bottle-feeding; breast-feeding
- fortified foods, 84, 182
 - additives in, 197
 - with calcium, 226
 - calcium absorption from, 265

- fortified foods (*continued*)
 calcium in recipes, 329–330
 cereals, 197, 271–272
 as food processing method, 195
 fortifying recipes, 314, 329–330
 MyPyramid food groups and, 224
 with vegetables, 222
 wine, 178
- fortune cookies, 361
- foxglove, 609
- fraud, 627–630
- free radicals, 89–90, 134
- free-range chickens, 261
- French food, 365, 522
- freshness dates, on foods, 252, 279
- frozen foods, 268–269, 291–292, 333
- frozen yogurt, 91, 268
- fructo-oligosaccharides, 111, 138
- fructose, 112, 113, 114, 123, 125, 129, 499
- fruit, 10–11, 76, 125, 315–318
 for adolescents, 429
 for babies, 392
 braces and, 432
 calcium and, 100, 102
 canned, 269
 chewing problems and aging, 460
 “color-crunch” test, 233
 in ethnic dishes, 188
 farmers’ markets, 259
 fat and cholesterol in, 62
 fiber in, 139, 143, 328–329
 frozen, 268
 heirloom, 185
 juice vs. drinks, 165–166, 224, 409
 juicing, 166
 MyPyramid on, 214, 222–224
 pesticides, 202–205
 pigment-related phytonutrients, 309–310
 portion size, 223–224
 potassium in, 147
 sulfites, 530
 supermarket shopping for, 256–258
 tattoos on, 253
 vegetarian diet and, 516, 517
 vitamin C in, 87
See also food supply; juice; sugars; *individual names of vitamins*
- functional foods, 16, 241
 beverages, 171
 for blood cholesterol, 547
 components of, 182–183
 “medical foods” vs., 586
- fungi. *See* safety
- fungicides, 202
- fusion cuisine, 185
- galactose, 113
- galactosemia, 379
- gammalinolenic acid, 605
- garlic, 108, 553
 in oil, 335
 supplements, 588, 598, 609
- garnishes, 311
- gas
 avoiding, 500
 burping babies during feeding, 377
 fiber and, 137
 lactose intolerance and, 104
- gastric bypass surgery, 51
- gastrointestinal conditions, 580
 diverticular disease, 581–582
 gastric reflux disease, 580–581
 irritable bowel syndrome (IBS), 582
 ulcers, 582–583
- gender
 basal metabolic rate (BMR) and, 27
 eating disorders and, 44–47
 heart disease and, 544
 osteoporosis and, 576, 577, 579
See also boys; girls; men; women;
individual names of nutrients
- genestein, 110
- genetics
 basal metabolic rate (BMR) and, 26
 blood cholesterol levels and, 546
 blood pressure and, 556
 food biotechnology and, 206–211
 heart disease and, 544
 nutrigenomics, 211
 osteoporosis and, 577
 weight management and, 24, 29–30, 419
- germander, 600
- German food, 365
- germanium, 601
- germ (whole grains), 5–6, 134, 136
- gestational diabetes, 442, 449, 566
- ghee, 72
- Giardiasis*, 284–286
- gingko biloba, 472, 598, 609
- ginseng, 598, 609
- girls
 eating disorders and, 433–434
 fear of weight gain by, 421
 iron needs for, 428–429
 teenage pregnancy, 427
 weight management for, 418–419
- glucagon, 113
- glucosamine, 583, 605
- glucose, 24, 112, 113, 115, 116, 119
 athletes and, 488
 herbal products and, 572
 recommendations, 575
 testing, 567
See also blood sugar; diabetes
- glutamate/glutamic acid, 151
- gluten intolerance, 200, 524, 526–529
- glutinous rice, 193
- glycemic index (GI), 50, 116, 572
- glycerine, 198
- glycogen, 24–25, 113, 482, 487, 488
- glycosylated hemoglobin (hemoglobin A1c), 568
- gnocchi, 356
- goat milk, 384, 526
- golden rice, 208
- goldenseal, 599
- grading symbols, on foods, 252
- grains, 71
 for adolescents, 429
 availability of, 187
 for babies, 392
 cooking guidelines, 328
 couscous and, 192
 crackers, 274
 as “enriched,” “fortified” foods, 84
 in ethnic dishes, 188
 fat and cholesterol in, 60
 fiber-boosting tips, 327–328
 food labels, 277
 gluten in, 528
 MyPyramid on, 214, 217–220
 portion size, 218–219
 shopping for, 270–271, 275–276
 vegetarian diet and, 516, 517
 whole, 11–12, 124, 132, 134, 135, 138, 139, 142–143, 219, 233, 327–328
See also fiber; *individual types of foods*
- grape leaves, 357
- GRAS (generally recognized as safe) foods, 201
- “grazing,” 240
- Greek food, 357–358, 522
- Greek herb blend, 153
- “green” kitchen practices, 306
- green tea, 169
- green tea extract, 599
- grilling, 300, 301, 314, 321, 331
- growth, of children, 412–418
- guava, 191
- gums, 59, 86, 117, 134, 581
- hair analysis, for vitamin deficiency, 81
- Halal foods, 253
- hands, cleanliness of, 288, 368–369, 406
- “hard” water, 160–161
- HDL (“good”) blood cholesterol (high-density lipoproteins), 55, 58, 173, 545, 546
- headaches, 531
- health fraud, 627–630
- health issues. *See individual names of health conditions*
- heartburn, 448, 579, 586
- heart disease, 542–544
 blood lipids and, 545–551
 blood pressure and, 552–557
 cardiovascular fitness, 9, 549
 DASH Diet for, 558–559
 defined, 544
 good habits in children, 398
 heart attack/stroke warning signs, 552
 L-arginine and, 507
 menopause and, 456
 oat bran for heart health, 139
 omega-3 fatty acids and, 56
 risk factors of, 544–545
 tests for, 550–551
- heart rate, for exercise, 503
- height, pregnancy weight gain and, 441
- Heimlich maneuver, 304, 397, 398, 426
- heirloom vegetables, fruits, 185

- Helicobacter pylori*, 582
heme iron, 105–107
hemicellulose, 133
hemochromatosis, 105
hemoglobin, 104
 hematocrit test, 587
 hemoglobin A1c, 568
hemorrhoids, 135, 580
Hepatitis A, 288
herbal supplements, 572, 596–601
 beverages, 170–171, 351, 450
 breast-feeding and, 378
 for children, 414, 611
 gingko biloba, 472
 guidelines, 611
 for menopause, 457
 pregnancy and, 450
 rooibos tea, 172
 safety of, 585
 See also supplements
herbed vinegars, 334
herbicides, 202
hemorrhoids, 447–448
hesperetin, 109
high-fiber, low-calorie diets, 48
high-fructose corn syrup (HFCS), 114, 123, 129, 274
Hispanics, lactose intolerance in, 524–525
histidine, 507
home office, healthy eating and, 242
hominy, 193, 328
honey, 114, 115, 123, 390, 391
hormones
 acne and, 432
 in beef, 206
 estrogen, 134, 418–419
 fibrocystic breast disease and, 437–438
 hormone therapy, 454
 in milk, 205
 oxytocin, 376
 polycystic ovary syndrome (PCOS), 438
 sugars and, 113
 supplements for athletes, 502–503
 See also insulin
hormone therapy, 579
hot-air poppers, 331
hot-and-sour-soup, 360
hot flashes, 456–457
human milk banks, 398
humectants, 198, 199
hunger
 aging and, 474
 babies and, 393
 breakfast and, 235–237
 cancer treatment and, 562
 children and, 411–412
 dietary fats and, 54
 eating habits and, 39
 intense sweeteners and, 130
 loss of appetite and, 44
 overeating and, 41
 physical activity and, 36
 preschoolers and, 402
 protein and, 236
 snacks and, 238
hydrogenated fats, 56–59
hydrogenated starch hydrolysates (HSH), 126, 129
hydroponically grown food, 206
hygiene. *See* safety
hyperactivity, 119, 167, 530
hypertension. *See* blood pressure; heart disease
hyperthyroidism, 29
hypoglycemia, 120–121
hypothyroidism, 29, 454, 551
immunity, strengthening, 548
Indian food, 365, 522
indigestion, 579, 586
indirect additives, 197
Indonesian food, 522
infants, 373–398, 384
 bacteria and, 391, 398
 bottle-feeding, 373, 381, 383–388, 393
 breast-feeding, 373–383
 choking prevention, 395–398
 cow milk for, 384
 Dietary Guidelines for, 397
 drinking water for, 162, 165
 feeding plan for, 394
 fluids needed by, 155
 food sensitivities and, 390
 physical activity for, 387
 solid foods for, 388–398
 teeth of, 389
 traveling with, 369
 vegetarian diet for, 385, 512–513
 vitamin and mineral supplements for, 382, 593
 vitamin E and, 80
 water for, 376
 See also children
infections, protecting against, 548
inflammatory bowel disease (IBD), 582
information resources, 617–630
 credibility of sources, 621–627
 health fraud and, 627–630
 nutrition advice, 617–621
ingredients
 to keep on hand, 316, 517–518
 listed on labels, 245, 249, 612, 614
 (*See also* allergies; food labels; sensitivities)
inherited traits. *See* genetics
injury prevention, 11, 305
insecticides, 202
insoluble fiber, 133, 135, 139
insomnia, 457
inspection symbols, on foods, 252
Institute of Medicine (National Academy of Sciences), 15–16, 25, 29
 on carbohydrates, 113–115
 on fatty acids, 509
 on fiber, 138
 on fluid intake, 156
 on menopause, 455–456
 on protein, 507
 on sodium, 148
 on vitamins, 80
 See also Adequate Intakes (AI)
insulin, 111, 138, 572
 carbohydrates and, 113, 119
 resistance, 42, 419, 545
 See also diabetes
integrated pest management (IPM), 202–203
intense sweeteners, 126, 128–131, 200, 444, 530–531, 570–571
international dining, 368–369. *See also* ethnic foods
International Units (IU), 77. *See also* individual names of vitamins, minerals, phytonutrients
Internet
 “cyberdieting” programs, 51
 nutrition research on, 624–627
intestines, 92, 461
 See also fiber; gas
iodine, 92, 96–97, 163
iodized salt, 150
iron, 92, 97–98, 101, 104–107, 584–587
 for adolescents, 428–429
 for athletes, 492
 food sources of, 105, 106
 for infants, 382, 384, 513
 for mature adults, 462–463
 menopause and, 455
 menstruation and, 435–436
 poisoning, 409
 during pregnancy, 439, 445, 511
 for preschoolers, 401, 409
 supplements, 596
 tea and, 170
 vegetarian diet and, 510–511
 vitamin C and, 88, 106–107, 429
irradiated foods, 195–196, 281
irritable bowel syndrome (IBS), 582
isoflavones, 110, 454, 456–457, 606
isoleucine, 507
isomalt, 126, 129
isothiocyanates, 110
isotretinoin (Accutane), 432
Italian food, 355–357, 522
Italian herb blend, 153
jams/jellies, 115, 123, 134
Japanese food, 363
jars, baby food, 396
jasmine rice, 193
Jerusalem artichoke, 190
jet lag, 366. *See also* air travel
jicama, 190
juice, 125, 177
 for athletes, 486
 concentrate, 123
 fiber and, 143
 food labels on, 251
 for infants, 391
 “juice drinks” vs., 165–166, 224, 409
 safety of, 279

- kale, 190
 kamut, 193
 kava, 599, 600
 kelp, 190–191
 ketoacidosis, 568
 ketosis, 48
 kidneys, 152, 578. *See also* sodium
 kitchen safety, 280–306
 for children, 424–426
 cleanliness, 288–290
 ecological conservation and, 306
 foodborne illness and, 280–288
 food preparation and service, 295–305
 food storage and, 290–295
 injury prevention, 305
 for people with special needs, 477–478
 See also food preparation; safety
 kitchen scales, 332
 kitchen scissors, 332
 kohlrabi, 190
 kosher foods, 252, 539
 kosher salt, 150
 kumquat, 191
- labels. *See* food labels
 lactase, 461, 525
 lactation consultants, 379. *See also* breast-feeding
 lactitol, 110, 126, 129
 lactobacilli, 111, 603
 lacto-ovo-vegetarian diet, 505. *See also* vegetarian diet
 lactose, 112, 113, 122
 lactose intolerance, 104, 113, 266, 408, 524–526
 lacto-vegetarian diet. *See* vegetarian diet
 laetrile, 564
 La Leche League, 379
 lard, 57
 L-arginine, 507
 latching on, in breast-feeding, 377
 latte, 167–169
 lauric acid, 65
 LDL (“bad”) blood cholesterol (low-density lipoproteins), 55, 58, 64, 136, 173, 545, 546
 lead, 164–165, 291, 449
 learning, breakfast and, 235–236
 leavening agents, 198, 199
 lecithin, 585, 605
 leeks, 190
 leftover foods, 292, 293, 303
 legumes, 222
 adding to recipes, 329
 fiber in, 143–144
 vegetarian diet, 516–518
 See also beans; peanuts
 lentils, 329
 leucine, 507
 lifestyle
 aging and, 467–472
 goals for, 16–18
 meal planning and, 233
 modifications to manage blood pressure, 554
 overweight risks and, 29
 vegetarian diet and, 505
 lignan, 110, 134, 139, 454
 lignin, 132, 133, 139
 lime, 91
 linoleic acid, 16, 53, 56
 lipids, 55, 57. *See also* blood (serum)
 cholesterol
 lipoproteins, 55, 550–551
 liposuction, 51
 liquid diets, very-low-calorie, 48–49
 liquid smoke, 300
Listeria monocytogenes, 282, 284, 286, 449
 “lite” salt, 150
 liver, 173
 lobelia, 600
 longan, 191
 loquat, 191
 lotus root, 190
 low-“cal” foods, 39, 53, 120. *See also* calories
 low-“carb” diet, 42, 47, 120. *See also* carbohydrates
 low-fat diet, 12, 39, 53, 70, 505. *See also* dietary fat
 L-tryptophan, 601
 lunch menu ideas, 234
 lung cancer, 88
 lutein, 109, 317, 606
 lychee, 191–192
 lycopene, 109, 317, 606
- macrobiotic diet, 505
 macronutrients, 452
 mad cow disease, 285
 magnesium, 93–94, 609
 magnolia-stephania preparation, 600
 ma huang, 599
 mannitol, 110
 major minerals, 91–95, 99–107
 malt beverages, 178
 maltitol, 126
 maltose, 112
 malt syrup, 123
 malt vinegar, 528
 manganese, 90, 92, 98
 mango, 192
 mangosteen, 192
 mannitol, 126, 129, 570
 manufacturer information, for foods, 252
 MAO (monoamine oxidase inhibitors), 601
 maple syrup, 123
 margarine, 28, 57–59
 marinades, 297, 299, 335, 528
 mature adults, 458–478
 alcohol and, 172
 biomarkers of aging, 459
 caffeine and, 169
 fiber and, 140
 fitness and, 5–6
 fluids needed by, 155
 foodborne illness in, 466
 health challenges of, 472–478
 heart disease and, 544
 lifestyle change and, 467–472
 meal preparation alternatives for, 620
 menu suggestions for, 464, 469
 metabolism of, 43
 “miracle” anti-aging products for, 463
 nutrients for, 458–465
 osteoporosis and, 577
 physical activity for, 11, 465–467
 poor nutrition signs, 469
 “sandwich generation” responsibilities and, 471
 sodium intake for, 148, 151
 tooth loss in, 118
 vegetarian diet for, 512–513
 women and weight, 440
 maturing agents, 198, 199
 mayonnaise, 281
 meal planning
 for athletes, 500
 blood cholesterol levels and, 545–547
 breakfast, 233–237
 diabetes and, 568–574
 doctor-prescribed eating plans, 584
 eating habits, 38–40, 40–41, 44, 402, 403
 feeding plan for infants, 394
 frequency of meals, 43, 402
 frozen meals, 268
 “grazing,” 240
 location of meals, 44
 for mature adults, 464, 467–468
 medication interactions and, 587–589
 preparation alternatives, 620
 for preschoolers, 403, 404
 for school-age children, 415
 school meals, 416–418, 429–431
 skipping meals, 27, 572–573
 snacking, 237–240
 time for, 233
 timing of, 28
 vegetarian diet and, 513–520
 workplace and, 240–242
 See also food choices; food preparation; recipes; supermarket shopping
 meal replacement products
 “complete nutrition products,” 499
 effectiveness of, 49
 as snacks, 239
 very-low-calorie liquid diets, 48–49
 for weight gain, 43
 meat
 biotechnology and, 209
 dry heat cooking methods, 321
 in ethnic dishes, 189
 fast food meals, 349–350
 food labels, 260
 garnishes for, 311
 hormones in, 206
 for infants, 393
 lean cuts, low-fat cooking methods, 319
 less common types, 228
 mad cow disease, 285

- Meat and Beans Group (MyPyramid), 214, 226–229
- moist heat cooking methods, 322
- portion size, 228, 260
- safe internal cooked temperatures, 298, 301
- safety of, 297
- storage of, 293
- supermarket shopping for, 258–260
- USDA Meat and Poultry Hotline, 277
- vegetarian alternatives to, 516
- See also individual types of meat*
- meat thermometers, 301, 302, 332
- “medical foods,” 586
- medical nutrition therapy (MNT), 561
- medical uses, for food biotechnology, 208
- medication
- alcohol combined with, 175
 - breast-feeding and, 378, 453
 - caffeine in combination with, 169
 - cholesterol-lowering, 552
 - food interactions with, 587–589
 - herbal tea in combination with, 170
 - mature adults and, 465
 - sodium and, 586
 - for weight loss, 51
- Mediterranean diet, 185
- MEDLINE, 622
- melatonin, 366, 606
- memory, 464, 472
- men
- body fat of, 27
 - eating disorders and, 45, 46
 - MyPyramid caloric intake recommendations for, 218
 - osteoporosis in, 576, 577
 - See also gender; individual names of nutrients*
- menopause
- calcium and, 103
 - dietary supplements for, 592–593
 - fibrocystic breast disease and, 437–438
 - iron and, 104–105
 - osteoporosis and, 455–456, 579
 - perimenopause, 455
 - weight and, 440
- menstruation
- amenorrhea, 579
 - iron needs for, 435–436
- menus, reading, 339, 341, 342, 355, 360, 370
- mercury, 285, 449
- metabolic syndrome, 545
- See also insulin*
- metabolism
- aging and, 43
 - basal metabolic rate (BMR), 25–27
 - food sensitivities and, 523
 - metabolic rate, 21
 - physical activity and, 36
- methionine, 507
- methyl mercury, 449
- Mexican food, 358–359, 522
- chile blend, 153
 - fast food meals, 353
- Mexican yam, 457
- micronutrients, 74
- microwave cooking, 299–300, 318, 322
- of baby food, bottles, 393–395
 - for children, 425
 - microwave ovens, 332
 - vitamin content of foods and, 83
- Middle Eastern food, 365, 522
- migraines, 531
- milk, 133, 166–167
- additions for flavor, 104
 - for adolescents, 429
 - allergy, 524
 - aseptically packaged, 195
 - BST, BGH, 204
 - buttermilk, 329
 - as calcium source, 103
 - carbohydrates and, 122
 - for children, 412
 - common allergens and, 535
 - convenient forms of, 273
 - cow milk, diabetes and, 572
 - cow vs. soy beverage, 265
 - fat in, 226
 - flavored, 128
 - for infants, 384, 393
 - lactose intolerance, 524–526
 - limited intake of, 593
 - mature adults and, 461
 - MyPyramid Milk Group, 214, 224–226
 - physical exertion and, 482
 - portion size, 225, 226
 - raw, 402, 450
 - sensitivity to, 408
 - storage of, 318
 - supermarket shopping for, 264, 266
 - types of, 266
 - weight management and, 27
 - See also dairy foods*
- milk banks, 398
- millet, 193, 328
- mineral oil, 474
- minerals, 15, 74–75, 91–107
- antioxidants, 87, 90
 - for athletes, 491–493
 - for children, 414–415
 - in drinking water, 160–161
 - food label descriptions of, 89
 - for infants, 382–383
 - major, 91–94, 99–107
 - major, electrolytes, 92, 94–95
 - during pregnancy, 444–446
 - supplement guidelines, 611
 - supplements, benefits and risks of, 592–596 (*See also supplements*)
 - trace, 92, 95–99
 - See also potassium; sodium; individual mineral names*
- mineral water, 162
- “miracle” anti-aging products, 463
- miso, 278
- mixes, baking, 276
- mocha drinks, 167–169
- moderation, importance of, 9–11, 67–73, 341–343
- modified foods, 182
- modified starches, 59
- molasses, 114, 123
- mold, 290
- mollusks, 298
- molybdenum, 92, 98
- money-saving tips, for supermarket shopping, 254–255
- monosaccharides, 112, 113
- monosodium glutamate (MSG), 151, 200, 469, 531
- monounsaturated fatty acids (MUFA), 55, 57–58, 65, 71
- “morning sickness,” 446–447
- mucilages, 134
- multivitamins, 592. *See also supplements; vitamins*
- muscles, 36, 487, 490, 497–498
- aging and, 459
 - cramping, 483
 - low-“carb” dieting and, 48
 - strength-training activities, 11
 - See also athletes*
- mushrooms, 295
- mycoprotein, 192
- MyPyramid (USDA), 12, 36–37, 43, 183, 212–242, 253
- for adolescents, 429, 431
 - for athletes, 493–495
 - calorie intake guidelines, 213–218
 - for children, 412, 413
 - Chinese food, 361
 - Fruit Group, 214, 222–224
 - Grains Group, 214, 217–220
 - Italian foods, 356
 - meal planning with, 231–242
 - Meat and Beans Group, 214, 226–229
 - Mexican food, 359
 - Milk Group, 214, 224–226
 - MyPyramid Tracker, 8
 - oils, 230
 - organization of, 213–217
 - portion sizes and, 215, 216, 217, 226
 - utilization of, 230–231
 - Vegetable Group, 214, 220–222, 223
 - for vegetarians, 495, 519
- nam bla, 362
- naringenin, 109
- nasal sprays, vitamin, 596
- National Academy of Sciences, 15–16, 25. *See also Institute of Medicine (National Academy of Sciences)*
- National Association of Anorexia Nervosa and Associated Disorders (ANAD), 44
- National Center for Health Statistics, 29
- National Cholesterol Education Program (National Institutes of Health), 64
- National Disaster Education Coalition, 296
- National Health and Nutrition Examination Survey, 29

- National Heart, Lung, and Blood Institute, 549–550, 557
- National Institutes of Health, 64, 169, 204, 531–532, 585
- National Organic Program, 206, 252
- National Osteoporosis Foundation, 92
- National Restaurant Association, 338
- Native Americans, lactose intolerance in, 524–525
- Native American Southwestern food, 522
- nausea
 - cancer treatment and, 563
 - during pregnancy, 446–447
- neotame, 128, 129, 130
- net contents, of food packages, 251
- neural tube defects, 438–441
- niacin, 82–83
- nickel, 92
- night blindness, 79
- night eating syndrome, 45
- nitrate, 165
- nitrite, 165, 198
- “no cholesterol” foods, 67
- “nondairy” foods, 273, 526, 538
- nonfat dry milk, 526
- nonheme iron, 105–107, 170
- noni juice, 606
- non-nutritive sweeteners. *See* intense sweeteners
- nopales, 189
- nori, 191
- nursing. *See* breast-feeding
- nursing homes, 471–472
- NutraSweet, 128
- nutrient-content claims, 245–247, 339, 370
- nutrients, 14–16, 593
 - alcohol and absorption of, 174
 - analysis of, in recipes, 311–312
 - for child/adolescent athletes, 494–495
 - enrichment of foods, 197
 - fats as, 52–54
 - fiber and, 134
 - fruit, 222–223
 - grains, 218
 - heat-sensitive, 311
 - irradiated foods and, 196
 - for mature adults, 458–465
 - meat and beans, 227
 - milk, dairy as, 225
 - nutrient-dense foods, 27
 - nutrient-modified foods, 183–184
 - oil, 229
 - during pregnancy, 442–446
 - for school-age children, 410–412
 - supplement interactions and, 594–595
 - vegetables, 220, 223
 - vegetarian diet and, 506–511
 - water as, 155–156
 - See also individual names of nutrients*
- nutrigenomics, 211
- nutrition
 - for adolescents, 426–431
 - breast-feeding nutrients, 375–376
 - calcium added to recipes for, 329–330
 - canned foods and, 196
 - in fast food items, 353–354
 - fat- and cholesterol-reducing techniques for, 318–326
 - fiber added to recipes for, 327–329
 - flavor and, 310–311
 - food biotechnology and, 210
 - food-fitness connection and, 6–7
 - fruits and vegetables added to recipes for, 315–318
 - and growth in children, 410–418
 - information resources, credibility, 621–627
 - information resources, seeking advice, 617–621
 - motivation and, 6
 - nutrients in food, 14–16
 - premenstrual syndrome (PMS) and, 436
 - research terms and, 625
 - salt-reducing techniques for, 326–327
 - sugar-reducing techniques for, 330–331
 - vitamin retention for, 318
 - warning signs of poor nutrition (“DETERMINE”), 469
 - See also* food preparation; food supply; *individual names of nutrients*
- nutritional yeast, 508
- Nutrition Facts, 38, 39, 59, 245, 247–248, 397
 - See also* food labels
- nuts, 28–29, 71, 283
 - allergies, 541
 - common allergens and, 536–537
 - fat and cholesterol in, 61
 - oils, as allergens, 538
 - shopping for, 272
 - See also* peanuts
- oat bran, 139
- oats, 136
- obesity
 - in children, 31, 418
 - fructose and, 114
 - genetics and, 29–30
 - risks of, 29–31
 - See also* overweight; weight management
- oils
 - for adolescents, 429
 - benefits of, 68
 - defined, 56
 - fat and cholesterol in, 62
 - herbed, garlic, 335
 - nut oils, as allergens, 538
 - olive oil types, 275
 - portion size, 229, 230
 - saturated fats, 65
 - shopping for, 274
 - types of, 57
 - vegetarian diet and, 516, 517
 - See also* dietary fat; *individual names of oils*
- Olean/Olestra, 63
- olive oil, 59, 65, 275, 553
- olives, 59
- omega fatty acids, 16, 53–54, 56, 509, 548. *See also* fatty acids
- “one-minute” breakfasts, 237
- oolong tea, 169
- ORAC (oxygen radical absorbency capacity), 90, 170
- oral contraception, 437
- Oral Glucose Tolerance Test (OGTT), 567
- oral health
 - braces, 432
 - cancer treatment and, 563
 - carbohydrates and, 115–118
 - chewing problems, 460, 474
 - dry mouth, 474–475
 - fluoride, 96, 159, 162
 - gums, 86, 581
 - of infants, 388, 389, 391
 - intense sweeteners and, 130
 - snacking and, 238
 - tooth decay, 13
- organic foods, 206–207, 252
- Orlistat, 51
- orthorexia nervosa, 45
- osteoarthritis, 583, 585
- osteoporosis, 92
 - adolescents and, 427–428
 - aging and, 459
 - defined, 576
 - low-“carb” dieting and, 48
 - in mature adults, 462
 - menopause and, 455–456
 - prevention, treatment for, 579–580
 - risk factors, 575, 576–577
 - tests for, 579
 - vitamin D for, 78
 - See also* calcium
- ostrich meat, 228
- oven cooking, 299
- overeating, triggers for, 40–41
- overweight
 - in adolescents, 418–421, 433
 - carbohydrates and, 119
 - in children, 418–421
 - chubbiness during infancy and, 391
 - genetics and, 29–30
 - risks of, 29–31
- oxalic acid, 106
- “oxygen-enhanced” water, 164
- oxytocin, 376
- packaging
 - aseptic, 195
 - net contents, 251
 - safety and, 277–279
 - See also* food labels
- pain relievers, 588
- palm kernel oil, 65
- palm oil, 57, 58, 65
- panbroiling, 314, 321
- pangamic acid, 502
- pantothenic acid, 85–86
- papaya, 192
- papillae, 308
- parasites, 284–288

- parsley, 311
 passion fruit, 192
 pasta, 270, 355
 pasteurization, 195, 402, 450
 pastry brushes, 332
 patches, vitamin, 596
 PCBs (polychlorinated biphenyls), 449
 peanuts, 273
 allergy to, 375, 535
 peanut butter, 272
 peanut oil, 57
 pearl barley, 193, 328
 pearlike body shape, 23–24, 454, 551
 peas, 221, 222, 329
 pectin, 134, 136
 pellagra, 82
 pepino, 192
 percent body fat, 23. *See also* body fat
 perimenopause, 455. *See also* menopause
 pernicious anemia, 440–441
 persimmon, 192
 perspiration, 49, 146, 485, 491
 pesticides, 202–205, 205, 210, 420
 pH control agents, 198, 199
 phenols, 110
 phenylalanine, 129, 507, 531
 phenylketonuria (PKU), 129, 444,
 530–531, 570
 phosphorous, 93
 physical activity, 9, 216
 for adolescents, 431–433
 aging and aerobic capacity, 459
 benefits of, 11, 35–36
 breast-feeding and, 453–454
 calories burned by, 27, 28
 cancer and, 560
 cool-down after, 483, 500–501
 diabetes and, 574
 exercise-induced food allergies, 541
 fat burning by, 43
 fitness and, 5–7
 fluids needed for, 158
 heart disease and, 551–552
 for infants, 387
 mature adults and, 465–467
 moderate intensity for, 9, 10
 osteoporosis and, 578–579
 during pregnancy, 449–451
 for preschoolers, 409
 for school-age children, 422, 423
 sleep and, 172
 sports drinks, 167
 “talk-sing” test for, 9
 for weight management, 34–36
 See also athletes
 physical limitations, 477–478
 phytic acid, 106, 110, 134
 phytoestrogens, 110, 436, 454, 456–457,
 578
 phytonutrients, 16, 74–75, 106, 107–111
 fiber as, 132, 134
 in functional foods, 183
 pigment-related, 309–310
 in red wine, 173
 resveratrol, 554
 in specific foods, 109–111
 supplements, 594
 pica, 451
 pickling salt, 150
 pigment, in foods, 309–310
 pizza, 231, 317, 351–352, 354
 plantain, 190
 plant-based foods
 cholesterol in, 66–67
 dietary fat and, 59
 phytonutrients, 106, 107–111
 psyllium, 136 (*See also* fiber)
 stanol- and sterol-based ingredients, 64,
 71
 vegetarian diet and, 506
 See also dietary fat
 plaque, 116–117, 545–546
 plateau, in dieting, 27
 plums, 63, 90
 poaching, 314, 322
 poison control hotline (national), 286
 polenta, 356
 polycyclic aromatic hydrocarbons (PAHs),
 560–561
 polycystic ovary syndrome (PCOS), 438
 polydextrose, 111
 polyols, 110, 126–128, 570. *See also* sugar
 alcohols
 polyphenols, 87, 106, 108, 170
 polysaccharides, 112–113
 polyunsaturated fatty acids (PUFA),
 55–57, 68, 71
 pomegranate, 192
 pomelo, 192
 popcorn, 72, 138, 331
 hot-air poppers, 331
 popcorn salt, 150
 pork, 209, 292, 293, 298, 301, 319, 321
 portion size, 37, 39, 41
 for children, 397, 422
 eating out and, 340, 342, 347–348
 fat and cholesterol content and, 66–67
 for fish, shellfish, 262–263
 for grains, 270
 for infant formula, 386
 for meat, 260
 MyPyramid guidelines, 215, 216, 217,
 218–219, 220–221, 223–224, 225, 228,
 230
 for poultry, 261
 for preschoolers, 402
 recipe modification and, 314
 shopping for small households, 255
 for snacks, 239
 tooth decay and, 118
 potassium, 13, 94–95, 586
 blood pressure and, 147
 food sources of, 147
 intake recommendations, 147–148
 for mature adults, 464
 potassium chloride, 147, 150, 152
 sodium and, 13
 See also salt; sodium
 potato chips, 220
 potatoes, 28
 poultry, 72
 dry heat cooking methods, 321
 fat and cholesterol in, 61
 food labels, 261
 garnishes for, 311
 lean cuts, low-fat cooking methods, 319
 moist heat cooking methods, 322
 portion size for, 261
 safe internal cooked temperatures, 298,
 301
 safe stuffing of, 297
 skin of, 323
 storage of, 293
 supermarket shopping for, 260–261
 USDA Meat and Poultry Hotline, 277
 See also chicken; turkey
 power outages, 292–295
 prebiotics, 16, 91, 108, 111, 138, 183
 pre-eclampsia, 448
 pregnancy, 104–105, 442–447
 alcohol during, 448
 alcoholic beverages and, 14, 185
 caffeine and, 169
 diabetes and, 449
 discomforts of, 446–448
 fluids needed during, 157
 folate in, 84
 food allergies and, 533
 food cravings/aversions, 451
 food safety during, 449
 gestational diabetes in, 566
 omega-3 needs in, 54
 physical activity, 449–451
 planning for, 438–441
 seafood during, 285
 in teenagers, 427, 441–442, 446
 vegetarian diet, 511–512
 vitamin A recommendations for, 77
 vitamin/mineral supplements for, 592
 weight and, 440, 441–442
 in women athletes, 495
 See also women
 premenstrual syndrome (PMS), 436,
 594
 prenatal vitamins, 445, 452. *See also*
 pregnancy
 preschoolers, 399–407, 409
 child care standards, 408–410, 620
 choking prevention, 304, 395–398, 402
 dietary fat, calorie intake
 recommendations, 405
 “food jags,” 405
 food phobias, 404–405, 408
 food sensitivities, 408
 iron and, 401, 409
 mealtime tactics for, 403
 modeling good eating habits for, 402, 403
 nutrition education for, 407–408
 physical activity for, 409
 safety issues for, 402
 snacks for, 407
 vegetarian diet for, 401

- preschoolers (*continued*)
 weight management for, 401
See also children
- pressure cookers, 332
- prickly pear, 192
- prior-approved substances, by FDA, 201
- proanthocyanidins, 110
- probiotics, 16, 91, 108, 111, 183, 264, 437, 526
- procyanidins, 109
- product dating, on foods, 252, 279
- “proof,” defined, 175
- protein, 15
 for athletes, 490–491
 calories in, 24, 25
 excess, 490–491
 hunger and, 236
 for infants, 393
 low-“carb” dieting and, 47–48
 for mature adults, 461
 portion size, 228
 during pregnancy, 443
 protein-based fat replacers, 63
 soy sources, 547
 vegetarian diet and, 506
- prunes, 63, 90
- psyllium, 136
- puberty, 418–419, 426–429. *See also* adolescents
- puffer fish, 369
- pump spray bottles, 332
- purified water, 162
- quercetin, 109
- quinoa, 193–194, 328
- Quorn, 192
- radiation therapy, 561–565
- radicchio, 190
- radioallergosorbent (RAST) test, 537
- rapeseed oil, 65
- raw sugar, 114, 123
- reactive hypoglycemia, 120–121
- recipes
 adapting, for vegetarian meals, 518–520
 for cereals, 235
 chicken with vegetables, 469
 for children, 406, 424
 experimenting with, 311–312
 fruit snacks, 125
 healthy makeovers for, 312–314
 high-carbohydrate, for athletes, 496
 “one-minute” breakfasts, 237
 rubs, 335
 salsa, 311
 seasonings, 126, 153
 thirst quenching beverages, 177
 Tuna-Noodle Bake, 313
 vitamin retention in, 318
 yogurt cheese, 71
- Recommended Dietary Allowances (RDA), 15, 75. *See also individual names of minerals, nutrients, vitamins*
- “red tide,” 285
- reduced-fat foods, 53, 59–63. *See also* dietary fat
- red wine, 173. *See also* alcohol
- refrigerated case, in supermarkets, 263–268. *See also individual types of foods*
- registered dietitians (RD), 618
- regulated additives, 201
- religious dietary restrictions, 252, 253, 417, 504
- rennet, 208
- Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans 2005*, 13
- residential care, 471–472
- respiratory tract, food allergies and, 532
- restaurants. *See* eating out
- resveratrol, 110, 173, 554
- Retinol Activity Equivalents (RAE), 77
- reward, food as, 40–41, 420
- rice, 143, 193, 270, 271, 328, 332, 356.
See also ethnic foods
- rice beverages, 385
- ricketts, 78
- risotto, 356
- roasting, 314, 321, 332
- rock salt, 150
- rodenticides, 202
- rooibos tea, 172
- royal jelly, 606
- rubs, 335
- “rule of ten,” 25–26
- Russian food, 365
- rutabaga, 190
- saccharin, 126, 128, 129–130
- safety, 14
 alcohol and, 174–175, 177
 biotechnology and, 206–211
 breast-feeding cautions, 378–379
 of breast milk, 382–383
 of children, in kitchen, 424–426
 choking prevention, for babies and young children, 395–398
 edible flowers and, 312
 of food additives, 196–202
 foodborne illnesses and, 280–288
 food label warnings, 250–251
 food preparation and service, 295–305
 of food processing, 194–196
 food storage and, 290–295
 of glucosamine, 583
 herbal supplements and, 170–171, 597–601
 injury prevention, 305
 international travel and, 368–369
 kitchen cleanliness and, 288–290
 of medications, 587–589
 organic foods and, 205–206
 of pesticides, 202–205, 420
 physical activity and, 11
 pregnancy and, 449
 of supermarket items, 277–279
 supplement interactions, 609
- of vitamin/mineral overdoses, 593–594
 of water sources, 159–165
 when eating out, 340, 345–346, 368–369
See also allergies; sensitivities; supplements
- safflower oil, 57
- saganaki, 357
- salads
 calories, fat in ingredients, 344
 fast food, 350
 garnishes for, 311
 lean preparation tips, 325
 salad bars, 343–345, 521
- Salatrim, 63
- saliva, 118
- salmon, 72, 100. *See also* fish
- Salmonella*, 195, 196, 281, 282, 289, 295
- salsa, 222, 311
- salsify, 190
- salt, 13, 145–154
 blood pressure and, 146–147
 in fast food, 348, 349
 food label terms, 153, 154
 in food preparation, 148
 food preservation and, 149
 food sources of, 148–151
 history of, 145
 importance of, 146
 intake recommendations for, 147–148
 MSG and, 151
 premenstrual syndrome and, 436
 in processed foods, 149–150, 153
 reducing in recipes, 326–327
 seasoning alternatives, 151–153
 sensitivity to, 147, 555
 “shaker test,” 326
 types of, 150
See also potassium; sodium
- salt substitute, 150
- SAM-e (S-adenosyl-methionine), 585, 606
- sandwiches, deli, 352
- “sandwich generation,” 471
- sapodilla, 192
- sashimi, 363
- saturated fats, 55–56, 57, 58, 59
 blood cholesterol and, 546
 caloric intake and, 69
 in fast-food items, 353–354
 in oil, 65
 reducing intake of, 71–72
 in specific foods, 60–63
See also dietary fat
- saucers, 297, 311
 cholesterol in, 66
 dietary fats in, 54
 lean preparation tips, 325–326
 types of, 343
- sautéing, 314
- saw palmetto, 599
- school-age children. *See* children
- school meals, 416–418, 429, 521
- Scoville heat units (SHU), 308
- scurvy, 79

- seafood, 71
 - common allergens and, 536
 - fatty acids in, 53–54, 56
 - international travel and, 369
 - lean cuts, low-fat cooking methods, 319
 - mollusks, 298
 - portion size, 262–263
 - raw, during pregnancy, 449
 - safety of, 285, 297
 - supermarket shopping for, 261–263
 - surimi, 261
 - sushi, sashimi, 363
- sapphire, 190
- sea salt, 150
- seasickness, 367
- seasoned salt, 150
- seasonings, 332–333
 - bacteria in, 335
 - condiments, 337
 - cooking with, 333–335
 - ethnic, 184–189, 334
 - experimenting with, 335
 - herbed vinegars, 334
 - herbs, 153, 333
 - limiting fat in, 70
 - matching to specific foods, 336–337
 - rubs, 335
 - salt alternatives, 151–154
 - shopping for, 276–277
 - storage of, 333
 - for sweet flavor, 126, 330–331
 - Thai, 362
- seaweed, 190–191
- seitan, 528
- selenium, 90, 92, 98–99, 398
- seltzer, 164
- semivegetarian diet, 505. *See also* vegetarian diet
- senior citizens' meal programs, 620
- Senior Farmers' Market Nutrition Program, 470
- sensitivities, 523–541
 - to food additives, 529–531
 - food allergies vs., 531–541
 - gluten intolerance/gluten-sensitive enteropathy, 526–529
 - hyperactivity and, 530
 - lactose intolerance, 104, 113, 266, 408, 524–526
 - migraines and, 531
 - See also* allergies
- sensory perception
 - aging and, 472–473
 - cancer treatment and, 562
 - See also* taste
- serotonin, 119, 120, 127
- set point theory, 43
- sexual prowess, vitamin E and, 89
- shape, of foods, 310
- shark cartilage, 564, 606
- shellfish
 - allergies, 583
 - common allergens and, 536
 - international travel and, 369
 - mollusks, 298
 - safety of, 299
 - supermarket shopping for, 261–263
 - See also* seafood
- Shigella*, 282, 284
- shipping, of food, 305
- shopping. *See* supermarket shopping
- shortening, 58
- Sibutramine, 51
- side orders, in fast-food restaurants, 350–351, 354
- simethicone, 137
- simmering, 314
- simple carbohydrates, 112–113
- skin
 - acne, 127, 432, 538
 - food allergies and, 532
 - vitamin E, 81
- skinfold calipers, 23
- skin-prick test, 537
- slake lime, 91
- sleep, 50
 - alcoholic beverages and, 175
 - anemia and, 106
 - effect of beverages on, 172
 - insomnia, during menopause, 457
 - for mature adults, 466
- slotted spoons, 332
- slow cookers, 299, 332
- “slow food,” 340
- smoking
 - breast-feeding and, 378–379, 453
 - calcium and, 578
 - cancer and, 561
 - heart disease and, 544, 552
 - vitamins and, 87, 88, 89
- smoothies, 351
- snacks, 237–240
 - for adolescents, 430
 - for athletes, 489
 - for children, 411, 415–416, 424
 - dietary fat in, 70
 - fat and cholesterol in, 62
 - food choice and, 38
 - menu ideas, 234
 - oral health and, 118
 - for preschoolers, 406–407, 407
 - shopping for, 284
 - vegetarian, 506
- sodium, 13, 95, 145–154
 - athletes and, 482–483
 - blood pressure and, 146–147
 - in Chinese food, 360
 - eating out and, 154
 - food label terms, 153, 154
 - in food preparation, 148
 - food preservation and, 149
 - food sources of, 148–152
 - heart disease and, 551
 - importance of, 146
 - intake recommendations for, 147–148
 - in Japanese food, 363–364
 - mature adults and, 464, 469
 - medication and, 586
- MSG and, 151, 531
 - during pregnancy, 446
 - in processed foods, 150–151, 153
 - reducing in recipes, 326–327
 - seasoning alternatives, 151–153, 153
 - sensitivity to, 147, 555
 - in water, as softening agent, 161
 - water and, 154
 - See also* potassium; salt
- sodium nitrite, 198
- soft drinks, 167, 171–172
 - for athletes, 486
 - caffeine in, 169
 - calories in, 165
 - fast food, 350–351
 - shopping for, 273
- “soft” water, 160–161
- solitary dining, 346, 467
- soluble fiber, 133–134, 135, 136, 139
- sorbitol, 110, 126, 129, 198, 570
- sorghum, 194
- soup kitchens, 620
- soups
 - Chinese, 360
 - garnishes for, 311
 - lean preparation tips, 325–326
 - shopping for, 270
- sour cream, 265
- South American food, 522
- soybeans/soy foods, 139, 144
 - beverages, 103, 265, 385, 512
 - for blood cholesterol, 547
 - common allergens and, 536
 - isoflavones, 454, 456–457
 - phytoestrogens in, 578
 - product types, 278–279
 - protein, 111, 547, 606
 - soybean oil, 57, 58
 - soy sauce, 363–364
 - textured soy protein (TSP), 278
 - tofu, 103, 139, 189, 278–279, 520
 - vegetarian diet and, 517, 518
- spa cuisine, 346
- Spanish food, 522
- sparkling water, 162
- spastic colon, 582
- spices. *See* seasonings
- spina bifida, 438–441
- spinach, 106
- spirits, 38, 172–174, 178. *See also* alcohol
- spirulina, 502, 607
- Splenda, 130
- sports. *See* athletes; physical activity
- sports anemia, 492
- sports drinks, 167, 485
- spreads, 58, 265. *See also* margarine
- spring water, 162
- squash, 191
- St. John's wort, 599, 602, 609
- stabilizers, 199
- stanol-based ingredients, 64, 71, 547–548
- Staphylococcus aureus*, 282

- starches
 food sources of, 122, 124
 sugar and, 112–113
See also carbohydrates; sugars
- starfruit, 192
- steamers (cookware), 332
- steaming, 314, 322
- stearic acid, 58
- steroids, 502–503
- sterol-based ingredients, 64, 71, 547–548
- stevia, 130
- stevioside, 128
- stewing, 314, 322
- stews
 lean preparation tips, 325–326
 shopping for, 270
- stir-frying, 314, 321
- stomach
 cancer of, 560–561
 cramping, exercise and, 484
 shrinking of, 43
 weight loss surgery and, 51
- storage, of food, 290–295, 318
 breast milk, 382–383
 restaurant take-out food, 345–346
- strainers, 332
- strength, 9
- stress
 physical activity for, 11, 36
 serotonin and, 120
 weight management and, 27
- stroke, warning signs, 552
- substitutions
 food allergies and, 540
 modifying recipes with, 314
 to reduce fats, cholesterol, 324
 for salt, 150–154
 saturated fatty acids and, 70
- sucralose, 128, 129, 130
- sucrose, 112, 113, 129
- Sudden Infant Death Syndrome (SIDS), 375, 379
- sugar alcohols, 110, 123
- sugars, 200
 acrylamide, 289
 calories in, 115, 124
 cane, 123
 chocolate and, 127
 cyclamates, 202
 equivalent measures, 329
 in fiber, 132–133
 food label terms, 114, 120, 123, 127–128
 food sources of, 122–125
 fructose, 114
 glycemic index (GI) and, 116
 health issues and, 115–121
 hyperactivity and, 167
 intake of, 113–114, 122, 124–125
 intense sweeteners, 128–131, 444
 in juice products, 166
 seasoning alternatives, 126
 shopping for, 276
 snack alternatives, 118, 125
 in soft drinks, 171
 in starches and fiber, 112–113
 sugar alcohols, 123, 126–128
 types of, 114
See also carbohydrates; diabetes
- sulfate, 97
- sulfides, 111
- sulfites, 174, 175, 198, 524
- sulphoraphane, 110
- sunlight
 osteoporosis and, 578
 overexposure to, 561
 vitamin D, 79, 81
- supermarket shopping, 243–279
 cost considerations for mature adults, 469–470
 food labels, 243–254
 food safety and, 277–279
 frozen items, 268–269
 meat, 258–260
 money saving tips for, 254–255
 poultry, 260–261
 produce, 255–258
 refrigerated items, 263–268
 seafood/fish, 261–263
 store organization by aisles, 269–277
 time saving tips for, 254–255
- supertasters, 308
- supplements, 590–614
 antioxidants in, 91
 for athletes, 491–493, 499, 501–502
 bulk fillers, 48
 calcium, 101
 creatine, 483
 dietary supplements, defined, 590–601
 fiber, 140
 fish oil, 56, 553
 ginkgo biloba, 472
 guidelines, 607–614
 for infants, 382–383, 391
 ingredient lists, 612, 614
 interactions, 609
 labels, 612–614
 lactase enzyme, 525
 marketplace confusion, 602–607
 melatonin, 366
 MyPyramid on, 224
 during pregnancy, 445, 447
 premenstrual syndrome and, 436
 for school-age children, 414–415
 as snacks, 239
 for vegetarians, 508, 509
 for zinc, 510–511
See also vitamins
- support groups
 for eating disorders, 47
 for weight loss, 51
- surgery, for weight loss, 51
- surimi, 261
- sushi, 363
- sustainable agriculture, 206
- swallowing, cancer treatment and, 563
- sweating, 49, 146, 485, 491
- sweeteners, 200, 202. *See also* sugars
- swelling, during pregnancy, 448
- Swiss food, 522
- synbiotics, 183
- syndrome X, 545
- tagatose, 128, 130
- Take Control, 64, 548
- tamarillo, 192
- tannins, 106, 173
- tap water, vs. bottled, 159–165
- taro, 191
- taste
 aging and, 472–473
 eating out and, 369–370
 garnishes for, 311
 nutrition and, 310–311
 recipe experimentation for, 311–312
 recipe makeovers for, 312–314
 sense of, 307–309
 sugars and, 119
 tips for, 310
 visual appeal and, 309
- tattoos, on foods, 253
- tea, 167, 169–171
 caffeine in, 169
 herbal, 170–171
 herbal, pregnancy and, 450
 rooibos, 172
- teenagers. *See* adolescents
- teeth, 130
 baby teeth, 388, 389, 391
 braces, 432
 carbohydrates and, 115–118
 decay of, 13
 fluoride, 96, 159, 162
 snacking and, 238
- television watching, eating and, 420, 422, 423
- tempeh, 278
- temperature
 basal metabolic rate (BMR) and, 27
 for cleaning utensils, 288
 to enhance flavor, 310
 for food preparation, 281, 282, 298, 299
 for food storage, 290, 292–295
 heat-sensitive nutrients, 311
 safe internal cooked temperatures, 298
 water and, 155
- tempura, 363
- testing
 for allergies, 537–538
 for cancer, 561–564
 of food additives, 200–201
 for heart disease, 550–551
 hematocrit test, 587
 for water safety, 161
See also individual names of health conditions
- Texmati rice, 194
- texture, of foods, 310
- textured soy protein (TSP), 278
- texturizers, 199
- Thai food, 362–363
- thaumatin, 128

- thawing, 292
 thermometers, 332
 thickeners, 199
 thiols, 111
 thirst, 157, 177, 464–465. *See also* fluids
 threonine, 507
 thyroid, 29, 455, 551
 “TLC” (Therapeutic Lifestyle Changes), 551
 tocopherols, 80, 197–198
 See also vitamin E
 tofu, 103, 139, 189, 278–279, 520
 Tolerable Upper Intake Levels (UL), 15, 75. *See also individual names of minerals, nutrients, vitamins*
 tomatillo, 191
 tomatoes, 317
 tortillas, corn, 91
 towels, cleanliness of, 288–289
 toxemia, 448
 toxins, natural, 210
Toxoplasmosis, 284, 449
 trace minerals, 92, 95–99
 trans fats, 12, 56, 58–59, 71–72, 546
 travel
 for athletes, 502
 with babies, 396
 eating out and, 364–369
 tree nuts, 536–537, 541
Trichinosis, 284
 triglycerides, 55, 549–550
 trihalomethane (THM), 160
 triticale, 194, 328
 tropical oils, 65
 tryptophan, 82, 507, 601
 tuberculosis, breast-feeding and, 379
 Tuna-Noodle Bake, 313
 turbinado sugar, 123
 turkey, 261, 293, 297, 298, 301, 319, 322.
 See also poultry
 turnipado sugar, 114
 2005 Dietary Guidelines. *See* Dietary Guidelines (2005)
 type 1 diabetes, 556, 573
 tyrosine, 531
 tzatziki, 357
- ugli fruit, 192
 ulcers, 582–583
 ultrahigh temperature (UHT) milk, 273
umami, 151
 underweight
 athletes and, 482
 genetics and, 29–30
 mature adults and, 476
 osteoporosis and, 577
 physical activity and, 36
 weight management for, 42–44
 Universal Product Code (UPC), 253
 unmodified whole foods, 182
 unsaturated fatty acids, 57. *See also* dietary fat
 urinary tract infections, 437
 urination, 157, 168
- U.S. Department of Agriculture, 7, 8, 36–37, 43
 contact information, 294
 Database for Added Sugars Content of Selected Foods, 123
 Food Safety and Inspection Service, 201, 203, 261
 Meat and Poultry Hotline, 277
 nutrient database, 75
 See also MyPyramid (USDA)
 U.S. Department of Health and Human Services (USHHS), 7, 470, 565
 U.S. Food and Drug Administration (FDA), 210
 contact information, 50
 Dietary Supplement Health and Education Act (DSHEA), 601
 on fat replacers, 59
 on fiber, 136
 on flavored oils, 335
 on intense sweeteners, 128, 130
 MedWatch hotline, 610
 on MSG, 151
 safety monitoring by, 203, 209–210
 on seafood safety, 285
 standards of, 201–202
 on sugar alcohols, 126, 128
 on water, 159, 161–162
 weight loss product approval by, 51
 See also allergies; sensitivities
 U.S. Pharmacopeia (USP), 601–602, 610
 U.S. Safe Drinking Water Act, 164
 utensils, 303, 305
 cleanliness of, 288, 289
 for people with special needs, 477–478
 slotted spoons, 332
 spoon feeding, for infants, 386, 389–390, 392
- vaginal yeast infections, 436–437
 valerian, 600
 valine, 507
 vanadium, 92
 vegan diet
 B₁₂ deficiency in, 85
 breast-feeding and, 453
 dairy, egg alternatives, 520
 defined, 505
 during pregnancy, 445, 447
 See also vegetarian diet
 vegetable oil, 208
 fatty acid content, 57
 trans fats in, 58
 vegetables, 10–11
 for adolescents, 429
 for babies, 392
 braces and, 432
 calcium in, 100, 102
 canned, 269
 chewing problems and aging, 460
 “color-crunch” test, 233
 in ethnic dishes, 188
 farmers’ markets, 259
 fat and cholesterol in, 61
- fiber in, 139, 143, 328–329
 frozen, 268
 garnishes for, 311
 heirloom, 185
 juicing, 166
 lean cooking tips for, 324–325
 less common varieties, 187–191
 MyPyramid on, 214, 220–222, 223
 pesticides and, 202–205
 pigment-related phytonutrients, 309–310
 portion size, 220–221
 potassium in, 147
 for school-age children, 413
 as source of vitamins, 76 (*See also individual names of vitamins*)
 starches and, 122
 storage of, 293
 subgroups of, 221, 222
 sulfites, 530
 supermarket shopping for, 256–258
 tattoos on, 253
 vegetarian diet and, 516, 517
 vitamin C in, 87
 See also food supply
 vegetarian diet, 504–522
 for adolescents, 430–431, 512–513
 for athletes, 495
 availability of foods, 187
 B₁₂ deficiency in, 85
 breast-feeding and, 453, 511–512
 for children, 417, 512–513
 ethnic foods in, 521–522
 fatty acids, 508–509
 health benefits of, 504–505
 for infants, 383, 513
 for mature adults, 512–513
 meal planning and, 513–520
 nutrients and, 505–511
 pregnancy and, 447, 511–512
 protein in, 506–508
 snacks, 506
 supplements for, 593
 types of, 505
 very-low-calorie liquid diets, 48–49
Vibrio vulnificus, 286, 297
 Vietnamese food, 362–363
 vinegar
 herbed, 334
 malt, 528
 virgin olive oil, 275
 viruses, 284–288
 vitamin A, 75–78, 104, 208
 Accutane and, 432
 in mature adults, 463
 during pregnancy, 444
 vitamin B₁ (thiamin), 75, 79, 81–82
 vitamin B₂ (riboflavin), 75, 81, 82
 vitamin B₆ (pyridoxine), 75, 81, 83, 464
 vitamin B₁₂ (cobalamin), 75, 81, 84–85, 383
 anemia and, 585–586
 breast-feeding and, 452
 for mature adults, 464
 during pregnancy, 444, 447, 511

- vitamin B₁₂ (*continued*)
 sources of, 508, 511
 vegan, vegetarian diets, 508
 vitamin C (ascorbic acid), 75, 86–87
 as antioxidant, 88–89, 90
 iron and, 88, 106–107, 429
 juice sources of, 166
 during pregnancy, 444
 scurvy, 79
 vitamin D, 75, 78–80
 breast-feeding and, 452
 for infants, 382–383, 513
 for mature adults, 462
 menopause and, 455–456
 osteoporosis and, 578, 579
 during pregnancy, 444, 447, 511
 vegetarian diet, 509, 511
 vitamin E, 75, 79–80, 89, 90, 197–198, 461, 609
 vitamin K, 75, 80–81
 vitamins, 15, 74–91
 antioxidants, 87–91
 for athletes, 491–493
 during breast-feeding, 452
 for children, 414–415
 deficiency tests, 81
 fat-soluble, 63, 75–81
 food label descriptions of, 89
 for infants, 382–383, 391
 during pregnancy, 443–444, 445
 retaining in cooking, 318
 supplement guidelines, 611
 supplements, benefits and risks of, 592–596
 water-soluble, 75, 81–87
 See also supplements; *individual names of vitamins*
 vomiting, 44, 446–447, 580
 See also eating disorders

 waist size, 8–9, 23–24, 24, 454, 551
 water, 162
 foodborne illness from, 284–288
 food labels, 161–162
 for infants, 376
 international travel and, 369
 as nutrient, 15
 during pregnancy, 446
 sodium and, 154
 See also beverages; fluids; water
 water chestnuts, 541
 water-soluble vitamins, 75, 81–87. *See also individual names of vitamins*
 water toxicity, 157
 water weight, 483
 waxy rice, 194
 Web sites, about nutrition, 624–627
 Wehani rice, 194

 weight-cycling problem, 34, 496–497
 weight management, 8–9, 21–51
 adolescents, 433–434, 512
 alcohol and, 174
 for athletes, 496–497
 blood cholesterol and, 547
 breast-feeding and, 451–452
 calcium and, 101
 calories and, 22, 24–29, 39
 cancer and, 559–560
 choosing weight control plans for, 38, 47–51
 diabetes and, 574
 dietary fat and, 68
 eating disorders and, 44–47
 eating out and, 370
 emotional eating and, 40
 for females at different life stages, 440
 (*See also* women)
 fiber and, 136
 food and activity diaries for, 40
 goals for, 21–24, 33–34, 36–38
 for heart disease prevention, 551
 intense sweeteners and, 130
 low-calorie vs. low-fat foods, 39
 for mature adults, 475–477
 menopause and, 455
 motivation for, 31–33, 42
 overeating and, 40–42
 overweight and, 29–31
 physical activity for, 34–36
 portion size and, 37
 postpartum, 442
 pregnancy and, 441–442, 511
 skipped meals and, 237
 snacking and, 238
 underweight risks and, 42–44
 weight-cycling problem and, 34, 496–497
 weight-loss products, 49, 51
 weight-loss programs, 49–51
 for young athletes, 494
 See also calories; dieting; overweight; underweight
 well water, 162
 wheat allergy, 529, 537
 wheat berries, 194, 328
 wheat bran, 136, 139
 wheat germ, 134, 136, 502
 wheat germ oil, 502
 wheat gluten, 528
 wheat grass, 600
 whey protein, 607
 white rice, 271
 white sugar, 114, 115
 whole grains, 11–12, 124, 219
 fiber in, 132, 134, 135, 138, 139, 142–143, 327–328
 food labels, 277

 “whole” test for, 233
 See also grains
 wild rice, 194, 271, 328
 wild yam, 457
 willow bark, 601
 wine, 38, 172–174, 178. *See also* alcohol
 woks, 332
 women, 435–457
 alcohol and, 173
 athletes, calcium for, 492–493
 body fat of, 27
 breast-feeding, 451–454
 calcium needs of, 101, 103
 eating disorders and, 45–47
 “feminine foods,” 455
 health problems affecting, 436–438, 454
 menopause, 103, 104–105, 437–438, 440, 454–457, 579, 592–593
 menstruation, 435–436
 MyPyramid caloric intake recommendations for, 218
 osteoporosis and, 576, 577, 579
 vitamin/mineral supplements for, 592–593
 weight management at different life stages, 440
 See also breast-feeding; gender; pregnancy; *individual names of nutrients*
 Women, Infants, and Children (WIC) Program, 620
 workplace, eating healthy in, 240–242
 work surfaces, cleanliness of, 288
 wormwood, 601

 xerophthalmia, 66
 xylitol, 110, 126, 129, 570

 yeast, 122–123, 197
 yeast infections, 437
 Yellow No. 5, 530
Yersinia enterocolitica, 282, 284
 yogurt, 91, 264, 437
 yogurt cheese, 71, 332
 yohimbe, 600, 601
 “yo-yo” dieting, 34

 Zabiah Halal symbols, 253
 zapote, 192
 zeaxanthin, 109
 zinc, 90, 92, 99, 101
 for adolescents, 429
 breast-feeding and, 452
 for mature adults, 464
 during pregnancy, 445–446
 vegetarian diet and, 510–511
 zoonutrients, 183