Index

Page numbers in italic denote figures, those in bold denote tables.

Note: As certain general terms such as dietary or nutritional management apply to every clinical condition, the reader should refer to specific conditions for more detailed information.

acarbose 716
access to food 22–3
ACE inhibitors 302, 519, 520, 523, 529, 541, 770, 773, 774, 790
achalasia 401
acquired immunodeficiency syndrome see HIV/AIDS
activated partial thromboplastin time 952
acute kidney injury (AKI) 197, 532–5, 533, 534
adequate intake 43
adiposity 728
body mass index 50–1, 165
brain injury 586
children 162–6
Demiquet and Mindex 51
mid-arm muscle circumference 53
mid-upper arm circumference 52, 165
skinfold thickness 52–3, 165
waist circumference see waist circumference
waist to hip ratio 52, 700, 728, 736
adolescents
coeliac disease 438
cystic fibrosis 194, 508, 511
diabetes mellitus 205, 722, 723, 751
eating disorders 627
food hypersensitivity 202, 663, 686
HIV/AIDS 697
nutritional requirements 237
obesity 727, 733, 754
physical activity 146
vegetarian/vegan diet 131, 136–7
Adults with Incapacity Act (Scotland) (2000) 145
adverse drug reactions 52
nutrition related 153
weight gain 149
advice giving 26
Advisory Committee on Borderline Substances 178, 395, 434
advocacy 144
Afro-Caribbeans 122
meal patterns 122
religious beliefs 122
stroke risk 802
ageing see older adults
alactasia, congenital 423
alanine aminotransferase 484
albumin 55
critical illness 212
HIV/AIDS 701
normal value 952
alcohol
and cardioprotection 761–2
consumption in diabetes mellitus 717
drug interactions 304
and dyslipidaemia 780–1
and fertility 85
and gout 623
and hypertension 790, 792
intake in pregnancy 89
and liver disease 480, 493
and premenstrual syndrome 80
sensible drinking limits 480
unit system 480
alcoholic hepatitis 478, 491
alcoholic liver disease 478, 478
alfacalcidol 529
alkaline phosphatase 484
allergen labelling 278
allergy see food hypersensitivity
allied health professionals 646
allopurinol 545, 623
alpha-1-antitrypsin deficiency 479
alternative therapies see complementary/alternative (CAM) therapies
Alzheimer’s disease 638
see also dementia
ambisome 851
amino acids 68
parenteral nutrition 189, 189
see also proteins
amitriptyline 149, 650
amphetamines, nutritional interactions 300
amphotericin 851
amputations, and body weight 49, 49
amyotrophic lateral sclerosis 556
anabolic agents 612
anaemia
gastric carcinoma 830
iron deficiency anaemia 927
pernicious anemia 926
post-gastrectomy 409
renal 522
angioplasty 771
animal welfare 131
anorexia nervosa 627, 628
dietetic treatment 632–4
medical and nutritional effects 629–30
osteoporosis 611
antacids, nutritional interactions 300
anthropometry 48–54, 945–7
adiposity see adiposity
body weight 49–50
children 162–6, 164
critical care medicine 211, 867
height see height
upper arm 482
see also specific measurements
antibiotics, nutritional interactions 300
anticholinergics 552
anticoagulants, nutritional interactions 300, 302
anticongulants, nutritional interactions 300, 651
antidepressants
nutritional interactions 300, 650
weight gain 652
anti hypertension, nutritional interactions 300
antihyperlipidaemics, nutritional interactions 300
antihypertensive drugs 790–1
antioxidants 941
in immune response 657, 668
pancreatic disorders 418
rheumatoid arthritis 618
antiplatelet drugs 770, 918
antipsychotics
nutritional interactions 300, 650
weight gain 652
antiretroviral therapy 696, 698, 699, 703, 706
antirheumatics, nutritional interactions 300
anxiolytics, nutritional interactions 650–1
aphasia 583
ApoE 293, 293

Companion Website: www.manualofdieteticpractice.com
aprilaxia 583
Arabic populations 119–22
cooking methods 121
decisions on diet at home 121
diet of first/second generation Arabs 119–20
diet quality 120
dietary advice 121
dietary components 121
socioeconomic 54
see also individual conditions
Association for Nutrition 306
asthma, and food sensitivity 666–7
ataxia 583
atherosclerosis 657, 767, 767
athletes 253
vegetarian/vegan diet 137
see also sports nutrition
Atkins diet, modified 199
atomic weights 949
atopic disease see food
hypersensitivity
atopy patch tests 672
atorvastatin 529
attending behaviour 28
audit 11–12, 14, 15
autism 147, 179–81, 180
autoimmune disorders 657
and coeliac disease 429
type 1 diabetes see diabetes mellitus, type 1
autoimmune hepatitis 479
autonomic failure 567–8
Parkinson’s disease 551
autonomy 6
client 27
autosomal dominant inheritance 288, 290
autosomal recessive inheritance 288, 290
Balance of Good Health model 270
Bangladesh, traditional diet 116, 118–19
bariatric surgery 746–50
basophil count
bioavailability 43
biochemical reference ranges 950–1
biochemical tests
in children 166, 166
critical illness 211, 212
neurosurgery 214–15
see also clinical chemistry
bioelectrical impedance 53–4, 53
HIV/AIDS 700
liver disease 483
biofeedback 469
biotin 926
NRI 926
birch pollen allergy 686
bisphosphonates 612
black and minority ethnic groups see ethnic minority groups
BMI see basal metabolic rate
body composition 53–4, 53
bioelectrical impedance 53–4, 53, 483
and bone mass 610–11
and fluid compartments 366
functional assessment 54, 54
see also anthropometry
body fat see adiposity
body mass index (BMI) 50–1, 727, 756
children 165
classification 728
and comorbidity 51, 947
factors affecting 51
HIV/AIDS 700
obesity 50–1, 50, 944
reference tables 944
body water 365–6
body weight see weight
bolus feeding 348
bone
development and metabolism 606, 606, 607
nutritional aspects 608–10
structure 606
bone disorders
osteoporosis see osteoporosis
Parkinson’s disease 553
renal disease 519, 522–3, 522
bone marrow transplantation 209–10
bone mass 607
bone mineral density
breast cancer 836
cystic fibrosis 511–12
HIV/AIDS 706
book keeping 228–9
botulinum toxin 412
brain injury 582–4	nutritional implications 583–4
secondry 215
traumatic see traumatic brain injury
brain stem death 881
breast cancer 82, 834–8
breast milk 168
composition 135–6, 177
enteral nutrition 177, 186
expressing 162, 177
breastfeeding 245
diabetes mellitus 723
maternal diet 688
minerals and trace elements 933
nutritional requirements 237
vegetarian/vegan diet 135–6
vitamins 932
brief/solution focused therapy 647
Bristol Cancer Centre Diet 813
Bristol Stool Chart 468
British Dietetic Association 5, 6, 6
Code of Professional Conduct 7
Model and Process of Nutrition and Dietetic Practice 7–8, 9, 10, 11
British Social Attitudes Survey 248
Buddhists 114
bulimia nervosa 627–8, 628, 629
dietetic treatment 634–5, 634
medical and nutritional effects 630
buried bumper syndrome 353
burn injuries 898–904
children 216–18
clinical management 900–1
consequences 899
diagnosis and classification 898–9, 899
drug–nutrient interactions 903
major 217
metabolic response 899
minor 217
nutritional assessment 899–900, 900
nutritional management 901–3, 902, 903
nutritional support 216–17, 217
public health aspects 899
C-reactive protein 190, 359, 415, 518, 840
critical illness 212
cafeine
effects of 648
in pregnancy 89
calcitriol 542
nutritional interactions 529
calculator 55, 369–70, 927
adverse effects 308
atomic weight/valency 949
blood pressure effects 792
and bone mass 608
conversion factors 949
correction for low albumin 952
critical illness 212
cystic fibrosis 508
deficiency 369, 927
dietary sources 608–9
excess 369
food sources 927
function 927
HIV/AIDS 701, 706, 707
inflammatory bowel disease 444
metabolic control 605–6
normal value 952
NRV 280
parenteral nutrition 361
post-bariatric surgery 811
premenstrual syndrome 79
preterm infants 177
renal stone disease 541
restriction 542
RNI 927, 933
toxicity 927
vegetarian/vegan diet 134
calcium chloride 938
calcium gluconate 938
calcium requirements
adolescents 608
children 608
daily 429
older adults 93–4, 608
calcium renal stones 540–5
idiopathic 540–4
secondary 544–5
calcium-based phosphate binders 529

carotene
318, 869, 871
see also energy expenditure
Campylobacter spp. 563, 707
cancer 805–58
alternative diets 812–14, 813
breast 82, 834–8
causes, immune deficiency 657, 660
children 208–10, 209
and coeliac disease 428
definition 805
development of 806–8
and diet 806–8, 807
dietary care 809–11
chemotherapy 811
dermatological 841–4
dysnatremic 811
endocrine therapies 811
radiotherapy 810–11
surgery 810
dietary recommendations for prevention 807
dietetic management 209
drug–nutrient interactions 814
gastrointestinal 826–34
gynaecological 841–4
haematological 849–55
head and neck see head and neck cancers
lung 838–41
monitoring progress 811–12
nutritional implications 808–9
palliative care 812, 824, 831, 840, 859–64
post-recovery diet 812
prostate 844–8
cancer cachexia 855–8
capacity to consent 143–4
carbohydrate
analysis 69
counting 718–19
dietary care 809–11
drowth 807
and diet 806–8
and tooth decay resistance 387
type of carbohydrate 386

carbohydrate loading 906
carbohydrate requirements
diabetes mellitus 718–20, 719, 720, 723
GDA 280
weight loss 737–8
carbonated drinks, and bone health 610
cardiac cachexia 774
cardioprotective (Mediterranean) diet 758–63, 781–2
cardiovascular disease 756–804
absolute risk assessment 757
aetiology 757
diabetes mellitus 720
monitoring and evaluation 762–3, 762
prevalence and costs 756–7
diabetes mellitus 720
prevention 247, 757–8
and rheumatoid arthritis 619–20
vegetarian/vegan diet 135
see also specific conditions
care homes 100–1
carers
consent information for 144
dementia patients 642–3
caries 385–7
causation 385–7, 385
food texture 387
frequency of exposure 386–7
oral hygiene 387
salivary flow 387

tooth decay resistance 387
type of carbohydrate 386
carnitine 598
carotenoids, in immune response 658
catch-up growth 172–3
catechins 296
catechol-O-methyltransferase inhibitors 552
CD4 T cell count 701
celery allergy 686
Common Agricultural Policy (CAP) 247–8
communication skills behaviour change 28–30
brain injury 583
dietary modification 21
see also specific skills
community mental health teams 646–7
community paediatrics 178–9
complementary/alternative (CAM) therapies 305–11
CFS/ME 580
dietary regimes in cancer 812–14, 813
evidence base 310
herbal medicine 309–10, 309
nutritional supplements 244, 306–8
osteoaarthritis 617
professional regulation 306
composition of diet, manipulation of 21
conduct see professional conduct confidentiality 14–15
congenital heart disease 206–8, 207
anthropometry 208
complications 208
feed administration 208
physiology 206
surgery 207–8
congestive heart failure 206
consent to treatment see informed consent
constipation 467–70
brain injury 587
Bristol Stool Chart 468
causes 468
celiac disease 437
Guillain–Barré syndrome 564, 565
hepatic encephalopathy 488
laxatives 300, 469
and learning disability 153–4
palliative care 862
Parkinson’s disease 551, 553
peritoneal dialysis 527–8
in pregnancy 90
psychotropic drug-induced 652
Consumer Attitudes Survey 248
continuing professional development 16–17, 17, 18, 230
COPD see chronic obstructive pulmonary disease
copper 928
burn patients 903
children 166
deficiency 928
food sources 928
function 928
in immune response 659
NRV 280
RNI 928, 933
toxicity 928
wound healing 917
Corneal de Lange syndrome 148
coronary artery bypass graft 771
coronary heart disease 765–77
atherosclerosis 657, 767, 767
cardiac cachexia 774
cardiac rehabilitation 771–2, 771
chronic heart failure 772–4, 773
drug–nutrient interactions 775
investigation 765
management 769–72, 770, 771
pathogenesis 766–7
public health prevention strategies 774–5, 775
risk factors 766, 768
role of diet in 768–9
thrombosis 767–8
corporation tax 228
corticosteroids
alcoholic hepatitis 491
cancer cachexia 857
nutritional interactions 300, 529
counsellors 646
Counterweight programme 740–1
introduction of CPD see continuing professional development
cranberry juice
drug interactions 302
renal stone disease 544
creatine phosphate 258
creatinine
HIV/AIDS 701
normal value 952
Creutzfeldt-Jakob disease 639
critical appraisal 13, 921
critical care medicine 660, 865–80
aspiration risk 875
children 211–14, 212
choice of feeding route 868–9
diagnosis and classification 865–6, 866
disease consequences 866–7
drug–nutrient interactions 868
energy requirements 213, 322–3, 869, 871
enteral nutrition 873–4
equipment 867
feed composition 213
fluid balance 876–7
gastric residual volumes 872–3
glycaemic control 874
interruptions to feed 872, 873
metabolic response to starvation 866
metabolic response to trauma 866
nutritional assessment 867–8, 868
nutritional consequences 867, 867
nutritional management 868–77
obese patients 870–2
overfeeding 872
predictive equations 870
protein requirements 213, 869–70, 871–2, 871
type of feed 211, 213
see also specific conditions
Crocius sativus 80
Crohn’s disease see inflammatory bowel disease
crystalloids 876
cultural influences 23
cystic fibrosis 193–5, 502–14
aetiology 502–3
complications 194
and diabetes mellitus 510–11
diagnostic criteria and classification 503
disease consequences 503–4
disease process 503
distal intestinal obstruction syndrome 511
drug–nutrient interactions 512
feeding 194
growth evaluation 194
in infants 509–10
and liver disease 511
low bone mineral density 511–12
lung or heart/lung transplantation 511
monitoring dietary effectiveness
nutritional assessment 505
nutritional consequences 504–5
nutritional management 505–7
nutritional requirements 193–4, 507–9
nutritional support 194
pancreatic insufficiency 193
preconception period 510
and pregnancy 510
prevalence 502
cystine renal stones 546, 546
cytokines 866
cytotoxic drugs, nutritional interactions 300
dairy foods
recommended intake 240, 243
see also milk
dairy free diet 813, 836
dehydration 56, 367
brain injury 587
dementia 640
older adults 95, 97, 97
see also fluid balance
dementias 637–43
Alzheimer’s disease 638
Creutzfeldt-Jakob disease 639
diagnosis and management 639–40
dietary management 641–2
drug–nutrient interactions 643
frontotemporal 639
Lewy body 639
multi-infarct 638–9
needs of carers 642–3
nutritional assessment 640–1
nutritional implications 640
small vessel disease 639
vascular 638–9
Demiquet 51, 945
demispan 50
dental disorders 385–90
caries see caries
erosion 387–8
periodontal disease 388
protective measures 388, 388
special groups 389
Department for Environment, Food and Rural Affairs (DEFRA) 234
Department of Health 234
index
Index

dumping syndrome 408, 830
duodenal atresia 219
duodenal disorders 406–9
see also specific disorders
duodenal switch 746, 748, 749
duty of care 6, 150, 153, 345, 646, 655
dynamometry 54
grip strength 483
dysautonomia see autonomic failure
dyslipidaemia 492, 777–88
associated conditions 784
cardiovascular risk 778–82
diagnosis and classification 783–5
post-kidney transplantation 530
primary (familial) 783–4
secondary (acquired) 784–5
dysphagia 391–9, 394
assessment 393–4
brain injury 584
care team 392, 393
causes 392
consequences 392
continuity of care 398
dementia 640
fluid needs 397
Guillain–Barré syndrome 564, 565
high risk foods 396
and learning disability 150–2
management 392–7
monitoring progress 398
motor neurone disease 559
multiple sclerosis 574
myasthenia gravis 566
normal swallow 391–2
nutritional needs 341, 397
palliative care 861
Parkinson’s disease 553
patient and carer education 397–8
safe feeding route 394–5
stroke 798
texture and consistency of foods 394–7, 396
traumatic brain injury 887–8
warning signs 393, 394
E numbers 278–9, 404, 941
see also food additives
early satiety 173, 206, 207, 302, 339,
340, 362, 379, 407, 408, 481
EARS see estimated average
requirements
eating assistant strategies 642
eating behaviour 23–4, 583
in dementia 640
eating disorders 626–37
diagnosis and classification 627,
628
dietetic assessment 631–2
epidemiology 629
historical perspective 626–7
identification in dietetic practice 631, 631
management 630–1, 632–5, 633,
634
medical and nutritional effects 629–30
partial and mixed syndromes 628–9
treatment outcome 633
see also specific disorders
weight loss/waist gain 737
enteral nutrition 344–56, 954–70
bolus feeding 348
cancer 822–4
children 184–8, 963–70
feed initiation 185
feeding methods 185, 187, 187
formulae 184–5, 186
home enteral feeding 187
indications for 186
overnight feeding 187
routes of 185, 187, 187
complications 187, 350–3
accidental tube removal 352–3
aspiration 351–2
burned bumper syndrome 353
diarrhoea 552
microbial contamination 352
refeeding syndrome 56, 213,
322, 350–1
stoma site problems 535
tube blockage 352
continuous feeding 348
critical care medicine 873–4
critical illness 213
cystic fibrosis 508–9
drug–nutrient interactions 350, 354
elemental/peptide feeds 349
equipment 187, 353
feed delivery 348
formulae 184–5, 186, 348–9, 349
home 187, 353–4, 354
immune modulating formulae 874
indications for 185, 344
inflammatory bowel disease 435–6
infusion rate 348
liver disease 490
monitoring 350, 351
neurosurgical injury 215
pancreatic disorders 418
preterm infants 177, 177
routes of 185, 187, 187, 345–8
HIV/AIDS 702
in immune response 656
inflammatory bowel disease 444
neurosurgical injury 215
obesity 321–2, 322
older adults 93, 97
prenatal nutrition 189, 189
peritoneal dialysis 527
post-kidney transplantation 529,
530
prediction of 319–20, 320, 948,
948
pregnancy 85
preterm infants 177
renin 521, 523, 534
resting energy expenditure 318
Schofield equation 44, 207, 213,
558, 884, 901
spinal cord injury 893–4
sports nutrition 253
traumatic brain injury 884, 886
tuberculosis 539
weight loss/waist gain 737
Harris-Benedict equation 871, 884,
902
HIV/AIDS 702

983
enteral nutrition (cont’d)
gastrojejunostomy 347
gastrostomy 185, 346–7
jejunostomy 185, 347–8
nasoduodenal/nasojejunal 185, 347
nasogastric 185, 345–6
orogastric 185, 345
specialist formulae 960, 966–7
standard feeds 959, 965
traumatic brain injury 886–7
weaning from 353
whole–protein (polymeric) feeds 349, 349
withholding/withdrawing 344–5
enterocutaneous fistulae 358, 907
environmental assessment 57–8
environmental factors
food choice 235–6
obsesity 751–2
vegetarian/vegan diet 131–2
enzymes deficiencies 665
eosinophil count 952
epigentric conditions 290
epilepsy 198–9
EPIDE programme 110
ergodic acids 258
erythrocyte sedimentation rate 952
erthropoietin 529
essential fatty acids 45, 360
CFS/ME 580
deficiency 189
Guillain–Barré syndrome 565
premenstrual syndrome 79
estimated average requirements (EARS) 43, 236, 931
estimated energy requirement 43, 951
ethical beliefs 23
ethical competence 8
ethical frameworks 8
ethics 7
enteral nutrition 344–5
palliative care 862–3, 863
parenteral nutrition 358
research governance 14–15
ethnic minority groups 112–28
Afro–Caribbean 122
Arabic populations 119–22
Chinese 123–4
Greeks 126–7
information collection 113
Jewish 124–5
Polish 125–6
relative deprivation 113
Somali 127
South Asian populations 113–19, 114, 115, 116
Turkish 126
West Africans 122–3
European Food Safety Authority 678
European Foods for Particular
Nutritional Uses (PARNUTs) directive 274
European school milk scheme 246
European Union food legislation 273, 274, 275, 678
Food Safety Authority 297, 297
evaluation 13–14
evening primrose oil 79
evidence based practice 12–16
critical appraisal 13–14
levels of evidence 13
literature searching 12–13
PICO principle 12
research governance and ethics 14–15, 15
research process 14, 15–16
see also specific elements
exclusion diets 22, 22, 23
food hypersensitivity 672, 673
rheumatoid arthritis 619
exercise see physical activity
exomphalos 219
extracellular fluid compartment 366
faecal incontinence 470
see also diarrhoea
faleting growth see growth faleting
familial combined hyperlipidaemia 784
familial dysbetalipoproteinaemia 784
familial hypercholesterolaemia 783
familial hypertriglyceridaemia 783
familial lipoprotein lipase deficiency 783
family therapy 647
family trees 290–1, 292
fasting
diabetes mellitus 724
fatty acid oxidation disorders 598
pre-surgery 906
Refsum’s disease 592
religious 117, 118–19
fats 779
cardioprotective diet 758–60, 759, 760, 761
DRVs 45
fasting 701
malabsorption 420, 421, 423
metabolism 777–8
parenteral nutrition 189, 360–1
sports nutrition 254
trans 786
wound healing 917
fat requirements
cystic fibrosis 507
diabetes mellitus 720, 723
GDA 280
in pregnancy 87
fatty acid oxidation disorders 597–8
fatty acids 618–19, 618
essential see essential fatty acids in immune response 657
monounsaturated 786
n-3 polyunsaturated 786
n-6 polyunsaturated 786
omega-3 see omega-3 fatty acids
polyunsaturated 786
vegetarian/vegan diet 132–3
fee structure 228
female athlete triad 253
ferritin 952
children 166
HIR/AIDS 701
fertility 84
feverfew 310
fibres 785
fibre
analysis 69
DRVs 45
intake
in dyslipidaemia 780
recommended 760–1
in premenstrual syndrome 79
renal stone disease 541
fibre content 280–1
fibre requirements
cystic fibrosis 194, 507
diabetes mellitus 720
GDA 280
Parkinson’s disease 553
fish
allergy 684–5
oily 759–60, 759, 760
recommended intake 240, 243
fish oils 759–60, 759, 760, 785
critical care medicine 874–5
lung cancer 840
renal stone disease 543
Five A Day programme 109
flavonoids 61, 296
flavours 404
fluid balance 321, 322–3, 365–371
autonomic failure 568
critical care medicine 876–7
disorders of see fluid imbalance
fluid restriction 487
fluid retention 49
haemodialysis 526
intestinal failure 452
Parkinson’s disease 553
peritoneal dialysis 527
post-kidney transplantation 529
renal disease 519, 521, 523, 534
renal stone disease 541, 543
sports nutrition 255–7, 256
traumatic brain injury 886
wound healing 918
see also electrolytes; hydration
status
fluid compartments 365–7, 366
fluid imbalance 322, 367–8
dehydration see dehydration
overhydration see overhydration
fluid intake
cystic fibrosis 194
during sports 256–7, 256
dysphagia 397
older adults 95, 97
reference values 366
see also fluid balance; fluid
imbalance; hydration status
fluid losses in burn injury 899
fluid movement, factors affecting
hydrostatic pressure 366
plasma osmolality 950, 952
fluid overload 483, 486, 497, 519
fluid requirements 167–8, 167, 321
burn injuries 217
children 167–8, 167, 168
preterm infants 177
fluoride 45
and dental caries 385, 387, 388
NRV 280
fluorine 308
fluorosis 56
Index

folic acid 925
and cardioprotection 761
children 166
deficiency 925
food sources 85, 925
function 925
HIV/AIDS 701
in immune response 658
inflammatory bowel disease 444
mood disorders 648
and neural tube defects 85
normal value 952
NRV 280
older adults 94–5
post-bariatric surgery 749
in pregnancy 86
preterm infants 177
RNI 925, 932
food additives 278–9, 941–2
allergens 278, 687–8
consumer attitudes to 279
food allergy see food hypersensitivity
food aversion 90, 392, 411, 664
food borne infections 529–30
food colourings
food composition tables 67–72
food exchange lists 180, 181, 296
food fortification 183, 337–8, 341
food groups
food frequency questionnaires 63
food hypersensitivity 657, 663–95
associated conditions 666–7
children 201–4
classification 663–4, 664
diagnosis 663–4, 670–7, 670
atopy patch tests 672
exclusion diets 672, 673
food challenges 674–5, 676, 677
food reintroduction 675–6
oral provocation tests 672, 674
skin prick tests 671
specific allergens 671–2
specific IgE tests 671
dietary management 202–3, 677–8
disease consequences 667
enzyme deficiencies 665
IgE mediated 664–6, 679
immunemediated 664
mechanisms 664–5, 665
non-allergic 665, 666
non-IgE mediated 192, 665, 665, 666, 679
nutritional consequences 669–70
prevalence 663
prevention 667–9, 669
symptoms 665–6, 666
treatment 202
triggers 666, 679–88
food intake see nutritional assessment
food intolerance
CFS/ME 577, 579
inflammatory bowel disease 447
rheumatoid arthritis 619
food labelling 244, 276–81, 276, 281
European law 678
gluten 451, 431
may contain 678
nutrition and health claims 281–2, 282–4
nutrition labelling 279–80, 280
regulations 276–9, 277
allergens 278
durability 278
food additives 278–9
ingredients 247, 278
product name 277
Food Labelling Regulations (1996) 279–80, 279
food legislation 273–84
tenure 276
Food and Drugs Act (1938) 273
Food and Drugs Act (1990) 274
Food Labelling Regulations (1996) 279–80, 279
Food Safety Act (1990) 274–5
history of 273
international 273–4
labelling see food labelling
regulations and directives 274
food neophobia 162
food portion sizes 940
see also dietary modification
food poverty 106
food preferences 23
food refusal
mental illness 640
neurological disorders 587
in toddlers 174, 197, 205
food reintroduction 675–6
Food Safety Act (1990) 274–5
food safety in pregnancy 88–9
food service 260–72
armed forces 271–2
hospitals and institutions 260–9
prisons 269–71
Food Standards Agency 233, 275
Food Standards Agency Scotland 234
food texture
and dental caries 387
dietary manipulation 21
dysphagia 394–7, 396
Food and You Survey 248
food–drug interactions see drug–nutrient interactions
foods for special medical purposes (FSMPs) 274
formula feeding see infant formulae
fortified food 183, 337–8, 341
fosfomycin 935
fragile X syndrome 148
France, EPODE programme 110
Fredrickson classification of
dyslipidaemia 783
freelance dietetics 223–30
business planning 224, 226–7
equipment, resources and paperwork 226
holiday cover 227
income and cash flow 226
office accommodation 226–7
type of business 226
clients 224, 225
continuing professional development 230
maintaining and expanding business 229
lack of work 229
motivation 229
qualifications and experience 224
self-employed status 223–4
setting up 227–9
advertising and marketing 229
banking 227
book keeping 228–9
contracts 229
fee structure 228
help and support 229
insurance 227–8
pension provision 228
taxation and national insurance 228
work opportunities 224, 225
frontotemporal dementia 639
fructose
hereditary intolerance 200
malabsorption 424–5
renal stone disease 544
fructose-1,6-biphosphatase deficiency 200
fruit allergy 686
fruit and vegetables
recommended intake 240, 241–3, 760
School Fruit and Vegetable Scheme 246
fulminant hepatic failure 486, 491–2
functional foods 295–8, 296
categories of 296
definition 295–6
diabetes mellitus 721
examples 296–7, 296
history and development 295
ingredients 296
regulation 297, 297
fungidiplication 219
fussy eating 173–4
galactosaemia 200, 599–600, 600
gallates 942
garlic 761
gastrectomy 408–9
gastric band 746, 747, 749
gastric bypass 746, 749
gastric carcinoma 829–30
anaemia 830
bile vomiting 830
length conversion table 934
measurement 165
levels of evidence 13, 13
levodopa 552
Lewy body dementia 639
lifestyle 23
linear growth 160
linseeds 464, 553
lipaemia retinalis 783
lipids see fats
lipodystrophy 705–6, 705
lipoproteins 778
liver and biliary disease 474–502
liver disease 479, 492
liver function in coeliac disease 429
liver function tests 484
liver transplantation 196, 489, 492
LOFFLEX diet 446–7
loperamide 458
low density lipoproteins 701, 778
apheresis 785
low glycaemic diet 79, 199
Low Income Diet and Nutrition Survey 106–7, 248
low sodium feeds 349
low-income groups 104–11
diet and health 104–5, 105
dietetic practice 107–10, 108
nutritional consequences 106–7
policy response 109–11
size and nature of problem 105–6
lower reference nutrient intake 332–4
lung cancer 838–41
fatigue 840
nutritional implications 839–40
nutritional screening 839
recurrent laryngeal nerve palsy 840
supportive/palliative care 840
lycopene 845
lymphocyte count 952
McCance and Widdowson tables 67–8, 68
macrobiotic diet 813
macronutrients
dietary modification 23
parenteral nutrition 360
weight loss 737–8
wound healing 916
see also specific macronutrients magnesium 370–1, 929
adverse effects 308
atomic weight/valency 949
blood pressure effects 792
and bone health 610
conversion factors 949
critical illness 212
deficiency 370–1, 929
excess 370
food sources 929
function 929
in immune response 659
inflammatory bowel disease 444
normal value 952
NRV 280
parenteral nutrition 361
premenstrual syndrome 79
RNI 929, 933
toxicity 929
malabsorption 420–6
absorption sites 422
causes 421
clinical tests 420–2
diagnostic features 420
dietary treatment 423–5
gastric carcinoma 830
liver disease 481, 496
non-nutrient specific 421–2, 422
pancreatic disorders 417
post-gastrectomy 408
and weight loss 742
malnutrition 325–35
at-risk groups 325–6
burn patients 900
in cancer 816, 822
causes 326–7, 326
children 166–7, 166, 174
congenital heart disease 207
consequences 327
critical illness 211
definition of 325
diagnosis 327–8, 328
gastric carcinoma 830
in hospitals 260
older adults 97–8, 98, 99
pre-surgery 905
prevalence 325–6
refeeding syndrome 56, 213
screening tools 166–7, 166, 328–32, 328, 330, 331, 972
treatment 352–4, 333
monitoring 333–4
see also oral nutritional support
Malnutrition Universal Screening Tool (MUST) 350–2, 331, 483
manganese 930
adverse effects 308
critical illness 212
food sources 930
in immune response 659
NRV 280
RNI 930
wound healing 917
maple syrup urine disease 599
Marmot Review 104
Marsh classification in coeliac disease 438
mast cell activation 665
maturity-onset diabetes of the young (MODY) 712
meal environment 23–4
dementia patients 641–2
mental health service users 653
meal patterns 23
meal replacements 722, 740
mean cell haemoglobin (MCH) 952
mean cell volume (MCV) 952
meat
alternatives to 244
recommended intake 240, 243
media, effect on food choices 23
Mediterranean diet 758–63, 781–2
medullary sponge kidney 544
meeting and greeting 31
megestrol acetate 857
melamine renal stones 547
melatonin 578
men
body weight 84
disease prevalence and risk factors 105
infertility 84
menopause 81–3
Mental Capacity Act (2005) 143
mental illness 626–55
causes of 644–5
community mental health teams 646–7
mental dementias 637–43
depression 645
eating disorders 626–37
food refusal 640
nutrition 648

drug effects on 649–63, 650–1, 652
inpatient communities 653
management 653–4
personality disorders 645
physical health effects 648–9
psychological treatments 647
schizophrenia 645
standards and policy 647–8
treatment services 645–7
mental incapacity see learning disabilities
mercury 87, 89
metabolic acidosis 522
metabolic bone disease
bariatric surgery 748, 749
post-kidney transplantation 530
metabolic disorders
inherited see inherited metabolic disorders
nutritional supplements 961–2
paediatric 968–70
metabolic liver disease 479
metabolic requirements 43
metabolic syndrome 81, 785, 896
and gout 623
metformin 716
methylxanthines 688
metiglinides 716
miconutrients 922–30
burn injuries 217
COPD 379
deficiencies 400, 417
dietary modification 23
drug interactions 503
HIV/AIDS 706–7, 706, 707
in immune response 657, 658–9
parenteral nutrition 189, 361, 361
post-bariatric surgery 749
in premenstrual syndrome 79
renal disease 531–2, 534
requirements 321
sports nutrition 257
traumatic brain injury 886
tuberculosis 381
wound healing 916–17
see also minerals; vitamins
mid-arm muscle circumference 53, 946
HIV/AIDS 700
mid-upper arm circumference 52, 946
children 165
HIV/AIDS 700
migraine, and food sensitivity 667
milk
allergy 679–81, 680, 681
European school milk scheme 246
exclusion 680
foods containing 681
nursery milk scheme 245
recommended intake 240, 243
Mindex 51, 945
minerals 55, 927–30
addition to foods 282
burn patients 902, 903
children 168, 173
content of compounds and solutions 938, 949
critical care medicine 875–6
cystic fibrosis 508
diabetes mellitus 721, 723
DRVs 45
in immune response 659
inflammatory bowel disease 444
liver disease 482
metabolism, drug effects in pregnancy 86, 87
preterm infants 177, 178
renal disease 519, 519, 522–3, 522
requirements 321
RNIs 933
sports nutrition 257
see also individual minerals
minimal encouragers 29
minimally conscious state 881
Model of Nutrition and Dietetic Practice 7–8, 9, 10, 11
molybdenum 930
NRV 280
monoamine oxidase inhibitors 650
foods to avoid 302
monocyte count 952
monosaccharides
absorption 422
intolerance to 681
malabsorption 424–5
monounsaturated fatty acids 786
mood disorders 583, 645
in diabetes 714
mood stabilisers, nutritional interactions 300, 651
motivation 33
lack of 35–6
motivational interviewing 27
motor neurone disease 555–63
amyotrophic lateral sclerosis 556
artificial nutrition and hydration 559–61, 560
dietary guidance 558
dysphagia 559
management 557
multidisciplinary team roles 557, 561–2
nutritional assessment 558
nutritional management 557–8
nutritional requirements 558
primary lateral sclerosis 557
progressive bulbar palsy 557
progressive muscular atrophy 556
MTTHFR gene 293
mucositis 850
multifactorial conditions 289, 290
multiple component nutritional supplements 958
multiple sclerosis 570–5
alternative diets 573
clinical management 572
diagnosis 571
disease consequences 571–2
disease processes 571
nutritional assessment 572
nutritional management 573–4
multiple system atrophy 568–9
nutritional management 569
multivitamins 88
muscle mass 586
musculoskeletal disorders 605–25
arthritis 615–22
gout 622–5
osteoarthritis 605–15
Muslims see Islam
mustard allergy 684
myalgic encephalomyelopathy see chronic fatigue syndrome/myalgic encephalomyelopathy
myasthenia gravis 565–7
myocardial infarction 770–1
see also coronary heart disease
nasoduodenal/nasojejunal feeding 347
nasogastric feeding 345–6
children 185
complications 215
motor neurone disease 561
see also enteral nutrition
nasojejunal feeding 185
liver disease 490
stem cell transplants 852
traumatic brain injury 887
see also enteral nutrition
National Child Measurement Programme (England) 166, 246
National Diet and Nutrition Survey 248, 298
National Health Service (NHS) 6
National Healthy Schools Programme 179
National Institute for Health and Care Excellence see NICE guidelines
national insurance 228
nausea and vomiting 406
CFS/ME 577, 579
oral nutritional support 340
of pregnancy 89–90
see also individual conditions
necrotising enterocolitis 177, 208
neonates
Down’s syndrome 144
immune system 661
nephrotic syndrome 517
dietary management 521–2
neural tube defects, folate in prevention of 85
neurogenic bowel 896
neurological disorders 549–88
CFS/ME 576–81
in children 198–9
motor neurone disease 555–63
multiple sclerosis 570–5
Parkinson’s disease 549–55
rare conditions 563–70
neurorehabilitation 581–8
appetite 583
brain injury 582–8
communication 583
dysphagia 584
eating behaviour 583
nutrigenomics 291
nutritional databases 64
nutrition and dietetic process 8–9
nutrition labelling 279–81, 280, 281
guideline daily amounts 280
health claims 281–2, 282–4
NRVs 280
nutrition screening tools 971–5
nutritional assessment 47–60, 322
non-starch polysaccharides 462, 464
non-meat alternatives 244
anaphylaxis 758
antibiotics 517
anticoagulants 581
anthropometry see also specific conditions
neutropenic diet 852–3, 854
involvement of carers 588
nutrition screening tools 971–5
nutritional support 234
nutritional support for burn patients 901
cancer 822–4, 828–9, 828
COPD 379–80
critical illness 211–14, 212
enteral see enteral nutrition
gastroaplasia 413
immune modulating formulae 874, 902–3
oral see oral nutritional support
parenteral see parenteral nutrition
tuberculosis 382
see also specific conditions
nursing 760
in dyslipidaemia 781
 oats, in coeliac disease 426, 431, 435
obesity 727–55
adolescents 727, 728
aetiology 729–32, 729, 731
activity 730
children 751
diet 731
environmental factors 731–2
genetic factors 730
metabolic factors 730
assessment 736, 751
BMI 50–1, 50, 944
body fat ranges 728
and breast cancer 835–6
children 245, 727, 728, 750–5
classification 728
consequences 751
critical care medicine 870–2
definition 727, 751
energy requirements 321–2, 322
and fertility 84
and haemodialysis 525–6
and haemodialysis 525–6
and peritoneal dialysis 728–9, 729, 780
HIV/AIDS 705–6, 705
and hypertension 790
and learning disability 149–50, 149
and liver disease 480–1, 485–6, 486, 492
management 735–45, 751–5
anti-obesity medication 742
bariatric surgery 746–50
behavioural modification 739, 752, 753
diet 736–8, 752–3
multicomponent weight loss interventions 759–40
physical activity 738–9, 753
settings for 740–2
multiple sclerosis 573
and osteoarthritis 616
and peritoneal dialysis 527
post-kidney transplantation 530
post-spinal cord injury 895–6
in pregnancy 85–6, 86
prevalence 728
prevention 732–3, 733, 755
protein requirements 322
and renal disease 521
renal stone disease 540
weight maintenance 742–3
occupational therapists 646
oesophageal cancer 826–9
oesophageal atresia 219
oesophageal perforation 401
oesophageal resection 827
oesophageal structure 401
oesophagitis 400–1
oesophageal stricture 401
oral contraceptives, nutritional
oral allergy syndrome 665
oral hygiene 387
oral nutritional support 183–4, 184, 356–43, 337
cancer 822
in children 183–4, 184
cost of 184
dietary advice 339–41
dietitian’s role 366–7
discontinuation 342
food fortification 183, 337–8, 341
liver disease 489–90
monitoring 342
multiple sclerosis 574
nourishing drinks 339
nutritional supplements 183–4,341–2
palliative care 862
snacks 338
supplements 338–9
who should receive 336
oral provocation tests 672, 674
organ transplantation
bone marrow 210
haematopoietic stem cells 210
heart and lung 511
kidney 198–9, 528–30
liver 196
lung 511
organic acidemias 597
orlistat 742
orofacial granulomatosis 401–5
aetiology/epidemiology 402
diagnosis 402
dietary management 402–5, 403, 404
dietary reintroduction 405
oral gastric feeding 185, 345
see also enteral nutrition
osmolality 950
normal value 952
see also electrolytes; fluid balance
osmolarity 950
osteochondritis 615–17
clinical management 616
complementary/alternative therapies
617
dietary management 616–17
osteomalacia
HIV/AIDS 706
liver disease 481
vitamin D deficiency 504, 609
osteopetrosis in HIV/AIDS 706
osteoporosis 81–2, 99, 605–15
anorexia nervosa 611
bone development 606, 606, 607
bone structure 606
calcium homeostasis 605–6
CFS/ME 577
coeliac disease 428–9
COPD 611
diagnosis and classification 606–7, 607
dietary assessment 607–8
HIV/AIDS 706
inflammatory bowel disease 445, 611
liver disease 482
management 611–13
nutritional aspects 608–10
Parkinson’s disease 551
rheumatoid arthritis 611, 620
risk factors 607
and spinal injury 896–7
outcome measurement 12
ovarian cancer 841
overfeeding of critical care patients 872
overhydration 367
pallentreal nutrition 362
pacing 578–9
paediatric dietetics see children
Pakistan, traditional diet 116, 118–19
palliative care 812, 824, 831, 840
cancer 812, 824, 831, 840, 859–64
diabetes mellitus 724
diagnosis and classification 860
ethical and legal considerations
862–3, 863
nutritional assessment 860–1
nutritional management 861–2, 862
nutritional objectives 860
pancreatic cancer 830–1
pancreatic disorders 415–20
acute pancreatitis 415–16, 416
chronic pancreatitis 416
drug interactions 419
enteral feeding 418
novel substrates 418–19
nutritional consequences 417
pancreatic cancer 416–17
pancreatic enzyme replacement
therapy 193, 417, 504, 505–7
pancreatitis 415–16, 416, 783
enteral feeding 418
pantothenic acid 926
paracentesis 487–8
paraphrasing 29
parathyroid hormone 55, 369, 519,
532
HIV/AIDS 701
see also hyperparathyroidism
parenteral nutrition 357–64
access routes 358–60, 359
central venous catheters 359–60
peripheral catheters 358–9
peripherally inserted central
catheters 360
administration 360
burn injuries 218
children 188–91
indications for 188
nutritional requirements 188–9, 189
complications 190, 361–2, 362
constituents 360–1, 361
ethics 358
formulations 189, 360
home 362–3
indications for 188
liver disease 491
monitoring 190, 361
nutrition assessment 358, 359
preterm infants 176
stem cell transplants 851–2
traumatic brain injury 887
treatment goals 358
weaning from 190–1, 362
Parkinson’s disease 549–55
diagnosis 549
disease consequences 550
disease process 549–50
drug–nutrient interactions 554
genetics 550
management 552
nutritional assessment 551–2
nutritional consequences 550–1
nutritional management 552–4
public health aspects and prevention
550
signs and symptoms 550
PARNUTS framework 274
platelet count 952
Polish people 125–6
festivals and feasting 125
food production and preservation 126
traditional diet 125–6
polyclorinated biphenyls 89
polycystic ovary syndrome 75–8, 84
polydipsia, psychotropic drug-induced 653
polysaccharides, non-starch see non-starch polysaccharides
polysaturated fatty acids 386
post-kidney transplantation 529
postmenarcheal 175
postnatal growth 160
postural orthostatic tachycardia syndrome 569
potassium 368–9, 369
atomic weight/valency 949
blood pressure effects 792
and bone health 610
conversion factors 949
critical care medicine 876–7
deficiency 368–9
excess 369, 519
food exchange list 940
food portion size 940
haemodialysis 526
HIV/AIDS 701
inflammatory bowel disease 444
normal value 952
NRV 280
parenteral nutrition 361
peritoneal dialysis 527
post-kidney transplantation 529
renal disease 521, 523–4, 524
RNI 933
potassium bicarbonate 938
potassium-lowering diet 524
poverty 105–6
practical supervision 17
Prader–Willi syndrome 145–7, 146
prealbumin 55
prebiotics 296, 660
preceptorship 17–18
prednisolone 149
pregnancy 85–90
alcohol consumption 89
BMER and energy requirements 85
caffeine consumption 89
celiac disease 438
cravings and pica 90
cystic fibrosis 510
diabetes mellitus 723
food safety 87, 88–9
Healthy Start scheme 88
inherited metabolic disorders 599, 600, 601–2
maternal nutrition 244–6, 247, 668
nutrition-related problems 89–90
nutritional requirements 86–8, 86, 237
obesity and weight gain 85–6
peanut/nut allergy 89
phenylketonuria 595–6
preconceptional/periconceptional nutrition 84–5
underweight 86
vegetarian/vegan diet 135–6
prenatal growth 160
preschool children
psychosomatic disorders 194
diabetes mellitus 205
dietary intake 162
gastroenterology 192
growth and development 160–4
growth faltering 170–6
healthy eating 244–6
meals and snacks 184
nutritional requirements 167–8, 167, 168
stool patterns 192
see also children
preservatives 941
avoidance in orofacial granulomatosis 404
E numbers 278–9, 404, 941
pressure sores 896
preterm infants 176–8
definition 176
dietetic intervention 176
enteral nutrition 177, 177
growth 177
growth charts 163
monitoring 178
nutritional requirements 177, 177
oral feeding 177
parenteral nutrition 176
post-discharge nutrition 178
weaning 178
primary biliary cirrhosis 478
primary lateral sclerosis 557
primary sclerosing cholangitis 478–9
prisons 269–71
dietetic practice 270–1
meal provision and dietary quality 270
non-communicable diseases 270
nutrition and behaviour 271
probiotics
celiac disease 424
hepatic encephalopathy 495
inflammatory bowel disease 447
pancreatic disorders 418
professional conduct 7
confidentiality 14–15
duty of care 6, 150, 153, 345, 646, 653
informed consent 14, 143–4, 344
professional practice 1, 5–19
audit 11–12, 14, 15
clinical governance 10–11
continuing professional development 16–17, 17, 18, 230
ethics see ethics
evidence based practice 12–16
low income issues 107–11, 108
reflective practice 17
research 14–15
scope of 6–7, 7, 10
professional regulation 5–6
complementary/alternative therapies 306
progressive bulbar palsy 557
progressive muscular atrophy 556
prokinetics 846–7, 847
protective nutrient intake (PNI) 43
protein losing enteropathy 208
protein energy wasting 518
puberty 160
public health nutrition 231–51, 232
devolved governments 234
health inequalities 234
healthy diet 234–44
importance of 232–3
measuring change 248–9, 248
national food and health strategy 233–4
public health policy 233
public health strategies 244–7
maternal and early years 246–6
school-aged children 246–7
Public Health Wales 234
public health workforce 231–2
pugilistic brain injury 639
pulses, recommended intake 241, 243
Punjab, traditional diet 116, 117–18
purines 545
PYMS screening tool 167
pyridoxine see vitamin B6
QALYs 104
quality improvement 10–11
quality of life, learning disabilities 154
quality-adjusted life years see QALYs
questions 29
radiofrequency ablation 489
radiotherapy
dietary care 810–11
gynaecological cancers 842–3
lung cancer 839
oesophageal cancer 827–8
prostate cancer 846
side effects 817–18, 818, 819
ragweed pollen allergy 686
RAST test 671
recommended daily amount 43
recommended dietary allowance 43
recommended nutrient intake 43
recording 10
COPD 18
recurrent laryngeal nerve palsy 840
red cell count 952
refeeding syndrome 56, 213, 322,
350–1, 362
reference nutrient intakes 236,
931–3
reflected feelings 29
reflection 13–14
reflective practice 17
refluX 191
Réfsum’s disease 589–93
clinical management 590
diagnosis 589
dietary management 590–3, 591
disease process 590
drug–nutrient interactions 592
genes 590
nutritional assessment 590
rehabilitation
cardiac 771–2, 771
neurorehabilitation see neurorehabilitation
spinal cord injury 895–7
traumatic brain injury 887–8
reintroduction of dietary components 22, 22
religion influences on diet and lifestyle 23
Afro-Caribbeans 122
Arabic populations 120–1
South Asian populations 114–19, 116
vegetarian/vegan diet 129
see also specific ethnic groups
renal anaemia 522
renal disorders 515–48
acute kidney injury 197, 532–5
children 196–8
chronic see chronic kidney disease
definitions 515–16
dietary management 197
energy requirements and gout 623
haemodialysis 524–6
HIV/AIDS
kidney function
nephrotic syndrome 517, 521–2
nutritional assessment 197
peritoneal dialysis 526–8
presentation 197
renal transplantation 198–9
stones see renal stones
renal feeds 349
renal stones 539–48, 896
calcium 540–5
idiopathic 540–4
secondary 544–5
cystine level 546
infection/struvite 546
ketogenic diet causing 547
melamine 547
uric acid stones 545–6
renal tubular acidosis 544
requirements and intake 43
research 14–15
righting and ethics 14–15
how to do 15–16
process 14, 15
respiratory disease 375–84, 376
asthma 666–7
COPD 375–80, 376
tuberculosis 380–2, 380
respiratory feeds 349
resting energy expenditure/rate 318
see also energy expenditure
retinol
in immune response 658
vegetarian/vegan diet 134
retinol binding protein 55, 505, 531
retinol equivalents 922
Rett syndrome 148
rheumatoid arthritis 617–20
clinical management 617
comorbidities 619–20
dietary management 617–18
dietary supplements 618–19, 618
food intolerance and exclusion diets 619
healthy eating 620
multidisciplinary rheumatology team 620
and osteoporosis 611, 620
physical therapy 617
rhinitis, and food sensitivity 666
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riboflavin deficiency</td>
<td>924</td>
</tr>
<tr>
<td>Food sources</td>
<td>924</td>
</tr>
<tr>
<td>Function</td>
<td>924</td>
</tr>
<tr>
<td>NRV</td>
<td>280</td>
</tr>
<tr>
<td>In pregnancy</td>
<td>86</td>
</tr>
<tr>
<td>RNI</td>
<td>924, 932</td>
</tr>
<tr>
<td>Rickets</td>
<td>166</td>
</tr>
<tr>
<td>Rimonabant</td>
<td>742</td>
</tr>
<tr>
<td>Risperidone</td>
<td>149</td>
</tr>
<tr>
<td>RNIs see Reference nutrient intakes</td>
<td></td>
</tr>
<tr>
<td>Roux-en-Y gastric bypass</td>
<td>746, 748, 749</td>
</tr>
<tr>
<td>Royal Free Hospital Global Assessment</td>
<td>483–4, 483, 975</td>
</tr>
<tr>
<td>Safe intake</td>
<td>43, 236</td>
</tr>
<tr>
<td>St John’s wort</td>
<td>309, 310</td>
</tr>
<tr>
<td>Saline</td>
<td>938</td>
</tr>
<tr>
<td>Salivary flow</td>
<td>387</td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>GDA</td>
<td>280</td>
</tr>
<tr>
<td>Labelling requirements</td>
<td>281</td>
</tr>
<tr>
<td>Salt intake</td>
<td>238</td>
</tr>
<tr>
<td>Autonomic failure</td>
<td>568</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>720</td>
</tr>
<tr>
<td>And hypertension</td>
<td>790, 791–2</td>
</tr>
<tr>
<td>Recommended</td>
<td>760</td>
</tr>
<tr>
<td>Saturated fats/fatty acids</td>
<td>758–9, 758–9</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>645</td>
</tr>
<tr>
<td>Schofield equation</td>
<td>44, 207, 213, 558, 884, 901</td>
</tr>
<tr>
<td>School Food Trust</td>
<td>245</td>
</tr>
<tr>
<td>School Fruit and Vegetable Scheme</td>
<td>246</td>
</tr>
<tr>
<td>School meals</td>
<td>246</td>
</tr>
<tr>
<td>School milk, subsidized</td>
<td>246</td>
</tr>
<tr>
<td>School-aged children</td>
<td>246</td>
</tr>
<tr>
<td>Scientific Advisory Committee on Nutrition</td>
<td>253</td>
</tr>
<tr>
<td>Scope of practice</td>
<td>6–7, 7, 10</td>
</tr>
<tr>
<td>Extended</td>
<td>7</td>
</tr>
<tr>
<td>Scotland, public health policy</td>
<td>234</td>
</tr>
<tr>
<td>Screening tools for malnutrition</td>
<td>166–7, 166, 328–32, 328, 330, 331, 483–4, 483</td>
</tr>
<tr>
<td>Selective oestrogen modulators (SERMs)</td>
<td>612</td>
</tr>
<tr>
<td>Selective serotonin reuptake inhibitors (SSRIs)</td>
<td>650</td>
</tr>
<tr>
<td>Selenium</td>
<td>929</td>
</tr>
<tr>
<td>Burn patients</td>
<td>903</td>
</tr>
<tr>
<td>Children</td>
<td>166</td>
</tr>
<tr>
<td>Critical care medicine</td>
<td>212, 875</td>
</tr>
<tr>
<td>Deficiency</td>
<td>929</td>
</tr>
<tr>
<td>Food sources</td>
<td>929</td>
</tr>
<tr>
<td>Function</td>
<td>929</td>
</tr>
<tr>
<td>HIV/AIDS</td>
<td>701, 706</td>
</tr>
<tr>
<td>In immune response</td>
<td>659</td>
</tr>
<tr>
<td>NRV</td>
<td>280</td>
</tr>
<tr>
<td>Post-bariatric surgery</td>
<td>749</td>
</tr>
<tr>
<td>And prostate cancer</td>
<td>845–6</td>
</tr>
<tr>
<td>RNI</td>
<td>929, 932</td>
</tr>
<tr>
<td>Toxicity</td>
<td>929</td>
</tr>
<tr>
<td>Vegetarian/vegan diet</td>
<td>133–4</td>
</tr>
<tr>
<td>Wound healing</td>
<td>917</td>
</tr>
<tr>
<td>Self efficacy</td>
<td>28</td>
</tr>
<tr>
<td>Self monitoring</td>
<td>35</td>
</tr>
<tr>
<td>Sepsis</td>
<td>488, 866</td>
</tr>
<tr>
<td>Serotonin and noradrenaline reuptake inhibitors (SNRIs)</td>
<td>650</td>
</tr>
<tr>
<td>Service evaluation</td>
<td>14–15, 15</td>
</tr>
<tr>
<td>Sesame allergy</td>
<td>684, 684</td>
</tr>
<tr>
<td>Sexual dysfunction in diabetes</td>
<td>714</td>
</tr>
<tr>
<td>SGNA screening tool</td>
<td>167</td>
</tr>
<tr>
<td>Shellfish allergy</td>
<td>684–5</td>
</tr>
<tr>
<td>Short bowel syndrome</td>
<td>219</td>
</tr>
<tr>
<td>Dietary treatment</td>
<td>454</td>
</tr>
<tr>
<td>Jejunocolic anastomosis</td>
<td>455, 455</td>
</tr>
<tr>
<td>Jejunostomy</td>
<td>454–5, 455</td>
</tr>
<tr>
<td>Nutritional consequences</td>
<td>451, 451</td>
</tr>
<tr>
<td>See also Intestinal failure</td>
<td></td>
</tr>
<tr>
<td>Short frequency questionnaires</td>
<td>65</td>
</tr>
<tr>
<td>Singh</td>
<td>114, 117–18</td>
</tr>
<tr>
<td>Simvastatin</td>
<td>529</td>
</tr>
<tr>
<td>Single nutrient supplements</td>
<td>957</td>
</tr>
<tr>
<td>Sip feeds</td>
<td>338–9, 341–2, 341–2</td>
</tr>
<tr>
<td>Paediatric</td>
<td>963–4</td>
</tr>
<tr>
<td>Sirolimus</td>
<td>529</td>
</tr>
<tr>
<td>Sjogren’s syndrome</td>
<td>429</td>
</tr>
<tr>
<td>Skin prick tests</td>
<td>671</td>
</tr>
<tr>
<td>Skinfold thickness</td>
<td>52–3</td>
</tr>
<tr>
<td>Children</td>
<td>165</td>
</tr>
<tr>
<td>Sleeve gastrectomy</td>
<td>747, 749</td>
</tr>
<tr>
<td>Small bowel histology</td>
<td>438</td>
</tr>
<tr>
<td>Small stomach syndrome</td>
<td>408, 830</td>
</tr>
<tr>
<td>SMART principles</td>
<td>12</td>
</tr>
<tr>
<td>Smith Magenis syndrome</td>
<td>148</td>
</tr>
<tr>
<td>Smoking</td>
<td>105</td>
</tr>
<tr>
<td>And cancer</td>
<td>806</td>
</tr>
<tr>
<td>And COPD</td>
<td>376, 378</td>
</tr>
<tr>
<td>Inflammatory bowel disease</td>
<td>442</td>
</tr>
<tr>
<td>Snacks, in oral nutritional support</td>
<td>338</td>
</tr>
<tr>
<td>Social assessment</td>
<td>57–8</td>
</tr>
<tr>
<td>Social class, and disease risk</td>
<td>105</td>
</tr>
<tr>
<td>Social influence</td>
<td>28</td>
</tr>
<tr>
<td>Social workers</td>
<td>646</td>
</tr>
<tr>
<td>Sodexo School Food Survey</td>
<td>248</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
</tr>
<tr>
<td>Atomic weight/valency</td>
<td>949</td>
</tr>
<tr>
<td>Balance</td>
<td>367–8, 368</td>
</tr>
<tr>
<td>And bone health</td>
<td>610</td>
</tr>
<tr>
<td>Chronic renal failure</td>
<td>876</td>
</tr>
<tr>
<td>Conversion factors</td>
<td>949</td>
</tr>
<tr>
<td>Critical care medicine</td>
<td>508</td>
</tr>
<tr>
<td>Cystic fibrosis</td>
<td>367</td>
</tr>
<tr>
<td>Deficiency</td>
<td>367</td>
</tr>
<tr>
<td>Dietary content</td>
<td>940</td>
</tr>
<tr>
<td>Drug interactions</td>
<td>367</td>
</tr>
<tr>
<td>Excess</td>
<td>367</td>
</tr>
<tr>
<td>GDA</td>
<td>280</td>
</tr>
<tr>
<td>Haemodialysis</td>
<td>526</td>
</tr>
<tr>
<td>Inflammatory bowel disease</td>
<td>444</td>
</tr>
<tr>
<td>Intestinal failure</td>
<td>452</td>
</tr>
<tr>
<td>Neurosurgical injury</td>
<td>215</td>
</tr>
<tr>
<td>Normal value</td>
<td>952</td>
</tr>
<tr>
<td>Parenteral nutrition</td>
<td>361</td>
</tr>
<tr>
<td>Peritoneal dialysis</td>
<td>527</td>
</tr>
<tr>
<td>Post-kidney transplantation</td>
<td>529</td>
</tr>
<tr>
<td>Preterm infants</td>
<td>177</td>
</tr>
<tr>
<td>Renal disease</td>
<td>521, 523</td>
</tr>
<tr>
<td>Renal stone disease</td>
<td>541</td>
</tr>
<tr>
<td>Restriction</td>
<td>521, 543</td>
</tr>
<tr>
<td>RNI</td>
<td>933</td>
</tr>
<tr>
<td>In sports drinks</td>
<td>256</td>
</tr>
<tr>
<td>Sodium bicarbonate</td>
<td>938</td>
</tr>
<tr>
<td>Sodium chloride</td>
<td>938</td>
</tr>
<tr>
<td>Sodium valproate</td>
<td>149</td>
</tr>
<tr>
<td>Solid/semi-solid supplements</td>
<td>956</td>
</tr>
<tr>
<td>Somatic mutations</td>
<td>290</td>
</tr>
<tr>
<td>Sore/painful mouth</td>
<td>341</td>
</tr>
<tr>
<td>South Asian populations</td>
<td>113–19, 114, 115</td>
</tr>
<tr>
<td>Cooking methods</td>
<td>116</td>
</tr>
<tr>
<td>Religious influences on diet and lifestyle</td>
<td>114–19, 116</td>
</tr>
<tr>
<td>Buddhists</td>
<td>116</td>
</tr>
<tr>
<td>Hindus</td>
<td>116, 117</td>
</tr>
<tr>
<td>Islam</td>
<td>116, 118–19</td>
</tr>
<tr>
<td>Sikhs</td>
<td>116, 117–18</td>
</tr>
<tr>
<td>Stroke risk</td>
<td>802</td>
</tr>
<tr>
<td>Traditional diet</td>
<td></td>
</tr>
<tr>
<td>Cereals</td>
<td>116</td>
</tr>
<tr>
<td>Curry</td>
<td>115, 117</td>
</tr>
<tr>
<td>Fat and oils</td>
<td>116</td>
</tr>
<tr>
<td>Meat, fish, eggs, pulses and meat</td>
<td>116</td>
</tr>
<tr>
<td>Alternatives</td>
<td>116</td>
</tr>
<tr>
<td>Milk and dairy foods</td>
<td>116</td>
</tr>
<tr>
<td>Vegetables and fruit</td>
<td>116</td>
</tr>
<tr>
<td>See also Specific populations</td>
<td></td>
</tr>
<tr>
<td>Soy protein allergy</td>
<td>682, 684</td>
</tr>
<tr>
<td>Avoidance in orofacial granulomatosis</td>
<td>404</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>836</td>
</tr>
<tr>
<td>In dyslipidaemia</td>
<td>781</td>
</tr>
<tr>
<td>Foods containing</td>
<td>684</td>
</tr>
<tr>
<td>Premenstrual syndrome</td>
<td>80</td>
</tr>
<tr>
<td>Recommended intake</td>
<td>761</td>
</tr>
<tr>
<td>Special needs children</td>
<td>181–2</td>
</tr>
<tr>
<td>Spinal cord</td>
<td>891</td>
</tr>
<tr>
<td>Spinal cord injury</td>
<td>890–8</td>
</tr>
<tr>
<td>Causes</td>
<td>891</td>
</tr>
<tr>
<td>Classification</td>
<td>892–3</td>
</tr>
<tr>
<td>Definitions</td>
<td>891–3</td>
</tr>
<tr>
<td>Management</td>
<td>893–7</td>
</tr>
<tr>
<td>Reduced dietary intake</td>
<td>894</td>
</tr>
<tr>
<td>Rehabilitation</td>
<td>895–7</td>
</tr>
<tr>
<td>Spinal nutrition screening tool</td>
<td>973–4</td>
</tr>
<tr>
<td>Sports nutrition</td>
<td>252–9</td>
</tr>
<tr>
<td>Banned substances</td>
<td>258</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>253–5</td>
</tr>
<tr>
<td>Dietary recommendations</td>
<td>254–5</td>
</tr>
<tr>
<td>During exercise</td>
<td>255</td>
</tr>
<tr>
<td>Glycogen depletion and repletion</td>
<td>254, 254</td>
</tr>
<tr>
<td>Post-exercise</td>
<td>255</td>
</tr>
<tr>
<td>Prior to exercise</td>
<td>254–5</td>
</tr>
<tr>
<td>Role in training</td>
<td>255–4</td>
</tr>
<tr>
<td>Training versus competition</td>
<td>254</td>
</tr>
<tr>
<td>VO2 max</td>
<td>254</td>
</tr>
<tr>
<td>Energy metabolism during exercise</td>
<td>253</td>
</tr>
<tr>
<td>Energy requirements and availability</td>
<td>253</td>
</tr>
<tr>
<td>Ergogenic aids</td>
<td>258</td>
</tr>
<tr>
<td>Fats</td>
<td>255</td>
</tr>
<tr>
<td>Fluid balance</td>
<td>255–7, 256</td>
</tr>
<tr>
<td>Micronutrients</td>
<td>257</td>
</tr>
<tr>
<td>Protein</td>
<td>255</td>
</tr>
<tr>
<td>Supplements</td>
<td>257–8</td>
</tr>
<tr>
<td>Weight control</td>
<td>257</td>
</tr>
<tr>
<td>Sri Lanka, traditional diet</td>
<td>116</td>
</tr>
<tr>
<td>Stabilisers</td>
<td>942</td>
</tr>
</tbody>
</table>
postoperative gastrointestinal motility 908
postoperative period 907
pre-existing malnutrition 905
preoperative period 906
transplantation see organ transplantation
see also specific procedures
swallowing
difficulty in see dysphagia
normal 391–2
Swank diet 573
swallow rate 255–6, 256
sweeteners 279
syndrome of inappropriate antidiuretic hormone secretion (SIADH) 886
tacrolimus 529, 851
Take up of School Meals in England 248
tannins 492
taste 23
changes in 340–1
loss of 862
taxation 228
teenagers see adolescents
teeth
decay 385–7, 386
resistance to 387
erosion 387–8
telaprevir 493
television advertising 246
TellUs 248
terminal illness see palliative care
texture see food texture
thalidomide 857
theobromine 688
theophylline 301, 309
thermogenesis, dietary induced 319
thiamine 86, 924
deficiency 924
food sources 924
function 924
NRV 280
post-bariatric surgery 749
RNI 924, 932
toxicity 924
thiazoladinediones 716
thickeners 395, 396, 958
paediatric 964
thrombin time 952
thrombogenesis 769
thrombosis 767–8
thyroxine binding prealbumin 55
titanium miniplates 400
tocopherols 941
toddlers see preschool children
tomatoes, avoidance in orofacial granulomatosis 404
total body water 53, 365
total daily energy expenditure 44
total parenteral nutrition see parenteral nutrition
Tourette’s syndrome 148
Toxoplasma, in pregnancy 89
trace elements 55, 71
dietary sources 243
inflammatory bowel disease 444
in pregnancy 87
RNIs 933
see also micronutrients
tracheo-oesophageal fistula 219
trans fatty acids 759, 779–80
trans saturated fats 759, 759
transferrin 55
HIV/AIDS 701
transjugular intrahepatic portosystemic shunts (TIPS) 488
Transtheoretical Model 26
diagnostic and classification 881
drug-nutrient interactions 882
investigation and management 881
morbidity and mortality 881
multidisciplinary team roles 881, 883
nutritional assessment 884, 885
nutritional consequences 881–4
nutritional management 884, 886–7
rehabilitation 887–8
terminology 881
triceps skinfold thickness 52, 945
HIV/AIDS 700
tricyclic antidepressants 650
tuberculosis 380–2, 380
clinical investigations 381
diagnosis 381
disease consequences 381
disease processes 381
nutritional impact 381
nutritional management 381
nutritional requirements 381
nutritional support 382
Turkish populations 126
tyrosinaemia 599
ulcerative colitis see inflammatory bowel disease
ulna length, and height 50
Ultimate Cholesterol Lowering Plan 782
undernutrition 660–1, 661
post-gastrectomy 408
renal disease 518
see also malnutrition
underweight
BMI 944
and learning disability 150
in pregnancy 86
see also malnutrition
upper aerodigestive tract disorders 400–1
benign 400–1
achalasia 401
fractured jaw 400
micronutrient deficiencies 400
Index

oesophageal perforation 401
oesophageal stricture 401
oesophagitis 400–1
head and neck cancers 815–26
oesophageal cancer 826–9
upper arm anthropometry 482, 945
upper tolerable nutrient intake level 43
urea
critical illness 212
HIV/AIDS 701
normal value 952
urea cycle disorders 596–7
uric acid
normal value 952
stones 545–6
urticaria 677
vascular dementia 638–9
veganism see vegetarian/vegan diet
vegetable allergy 686
vegetarian/vegan diet 129–40
adolescents 156–7
alternatives to unacceptable foods 129, 130, 131
athletes 137
and bone density 132, 610
in cardiovascular disease 135
children 136–7
definitions 130
health aspects 132
lactating women 135–6
nutritional adequacy 132–4
older adults 137
pregnant women 135–6
reasons for following 129, 131–2
rheumatoid arthritis 619
in weight management 134–5
vegetative state 881
verbal following/restating 29
very low calorie diets 738
very low density lipoproteins 778
viral hepatitis 479, 481, 493
visceral protein status 55
visual impairment 799
vitamins 55, 922–6
addition to foods 282
analysis 69
burn patients 902, 903
children 168, 173
critical care medicine 875–6
cystic fibrosis 194
diabetes mellitus 721, 723
DRVs 45
fat-soluble 922–3
cystic fibrosis 504–5, 507–8
in immune response 657, 658
inflammatory bowel disease 444
liver disease 482
pregnancy 86, 87, 932
preterm infants 177, 178
requirements 321
RNIs 932
spinal cord injury 894
sports nutrition 257
vegetarian/vegan diet
water-soluble 923–6
cystic fibrosis 507
see also individual vitamins
vitamin A 922
adverse effects 308
burn patients 903
children 166
cystic fibrosis 504, 508
deficiency 922
dietary content 938
food sources 922
function 922
HIV/AIDS 706, 707
isotretinoin interaction 302
NRV 280
and osteoporosis 82
post-bariatric surgery 749
in pregnancy 86
preterm infants 177
RNI 922, 932
toxicity 922
wound healing 917
vitamins B, wound healing 917
vitamin B1 see thiamine
vitamin B2 see riboflavin
vitamin B8 925
adverse effects 308
deficiency 925
drug interactions
food sources 925
function 925
in immune response 658
NRV 280
in pregnancy 86
premenstrual syndrome 79
RNI 925, 932
toxicity 925
vitamin B12 926
children 166
deficiency 926
food sources 926
function 926
HIV/AIDS 701
in immune response 658
inflammatory bowel disease 444
normal value 952
NRV 280
older adults 95
post-bariatric surgery 749
RNI 926
vegetarian/vegan diet 134
vitamin C 923
adverse effects 308
and bone health 610
burn patients 903
children 166
deficiency 923
food sources 923
function 923
HIV/AIDS 701
in immune response 658
inflammatory bowel disease 444
NRV 280
older adults 94
in pregnancy 86
renal stone disease 543–4
RNA 923
RNI 932
toxicity 923
wound healing 917
vitamin D 609, 922
and bone mass 609
children 166
cystic fibrosis 504, 508
deficiency 922
dietary content 938
excess 551
food sources 609, 922
function 922
HIV/AIDS 701, 706, 707
in immune response 658, 668
inflammatory bowel disease 444
NRV 280
older adults 93–4
post-bariatric surgery 749
in pregnancy 86, 87–8
premenstrual syndrome 79
preterm infants 177
renal stone disease 541
RNI 922, 932
toxicity 922
vegetarian/vegan diet 134
vitamin E 923
activity 938
children 166
cystic fibrosis 504, 508
deficiency 923
food sources 923
function 923
in immune response 658
NRV 280
premenstrual syndrome 79
RNI 923
toxicity 923
wound healing 917
vitamin K 923
and bone health 610
cystic fibrosis 504–5, 508
deficiency 923
food sources 923
function 923
inflammatory bowel disease 444
NRV 280
toxicity 923
wound healing 917
Vitex agnus castus 80
VO2 max 254
volume conversion table 937
vulval/vaginal cancers 842
waist circumference 51–2, 728, 736, 762, 947
action levels 736
children 165
HIV/AIDS 700
waist to hip ratio 52, 728, 736
HIV/AIDS 700
Wales, public health policy 234
water see body water; fluids
weaning 161–2
colostomy disease 437–8
developmental stages 161
food hypersensitivity 202, 668–9
food neophobia 162
key stages 161
preterm infants 178
weighing scales
accuracy of 49
spinal injury patients 895
weight 49–50, 762
children 165
control in sports 257
weight (cont’d)
conversion tables 935–6
factors affecting
amputations 49, 49
plaster casts and splints 49
and fertility 84
for height in children 165, 166
inability to measure 49
percentage change 49–50
weight gain
breast cancer 835–6
CFS/ME 577, 579
congenital heart disease 208
drug-related 149
infants 160
liver disease 486
menopause 81
mental illness 649
Parkinson’s disease 551
in pregnancy 85–6, 86
premenstrual syndrome 80
psychotropic drugs 652
weight loss
brain injury 586
CFS/ME 577, 579
dietary management 736–8
gastric carcinoma 830
and hip fracture risk 611
HIV/AIDS 702–4, 703
maintenance of 742–3
mental illness 649
multicomponent interventions 740–2
Parkinson’s disease 550–1, 553
post-bariatric surgery 748
post-gastrectomy 408
renal stone disease 542
spinal cord injury 895, 895
weight management
burn patients 899–900
diabetes mellitus 714, 721–2
hypertension 791
liver disease 482
see also obesity, management
weights and measures 934–7
Wernicke–Korsakoff syndrome 633
dementia in 639
Wernicke’s encephalopathy 488–9
West Africans 122–3
health problems 123
wheat allergy 686–7, 687
wheat starch, gluten-free 437
white blood cell count 952
whole-protein (polymeric) feeds 349,
349
Wilson’s disease 479, 492
women
athletes 253
disease prevalence and risk factors 105
health issues 75–83
menopause 81–3
PCOS 75–8
premenstrual syndrome 78–81
see also pregnancy
World Health Organization
dietary reference values
Global Strategy on Diet, Physical
Activity and Health
wound healing 56, 914–19
delayed 915–16, 916
drug–nutrient interactions 918
nutritional management 916–18,
917
stages of 915
X-linked recessive inheritance 288,
290
xanthelasma 782
xanthomata 782
xerophthalmia 57
xerostomia 341
palliative care 862
zinc 928
adverse effects 308
atomic weight/valency 949
and bone health 610
burn patients 903
children 166, 173
conversion factors 949
critical illness 212
deficiency 496, 928
food sources 928
function 928
HIV/AIDS 701, 706, 707
in immune response 659
inflammatory bowel disease 444
mood disorders 648
NRV 280
older adults 95
post-bariatric surgery 749
RNI 928, 933
toxicity 928
vegetarian/vegan diet 133
wound healing 917
ziprasidone 149