Index

Note: Italicized f and t refer to figures and tables.

2-hour plasma glucose, 333
24-hour recall, 5
children, 151
24-hour urine collections
chronic kidney disease, 431
parenteral nutrition, 502

A1C test. See hemoglobin A1C
abdominal obesity, 25, 277, 395
colon cancer, 440
metabolic syndrome, 246t
acanthosis nigricans, 176, 334, 367
acarbose, 343
Acceptable Macronutrient Distribution Ranges, 368
accidents. See traffic accidents
acetaldehyde dehydrogenase, 310
acetate, parenteral nutrition solutions, 491
acid secretion, gastric, 294
acid suppressants, vitamin B12 absorption, 201
acidosis, 350. See also metabolic acidosis
acne, 367
treatment, pregnancy, 119
action (behavior change stage), 262t
Activities of Daily Living, 203, 206t, 217
activity factor (physical), 13
activity levels, children's energy needs, 152–3
acute glomerulonephritis, 430–31
acute kidney injury, 410–12
acute phase proteins, 500. See also C-reactive protein
enteral feeding, 483
acute respiratory distress syndrome
enteral feeding formulas, 472
omega 3 fatty acids, 378
acute tubular necrosis, fluid restriction, 422
adaptive hyperphagia, 321
Adequate Intake (AI), 50–56
adherence, 273
continuous positive airway pressure therapy, 395
adipose cells, 17
cancer cachexia, 453
adjustable gastric banding. See laparoscopic adjustable gastric banding
adolescence, 164–5
athletics, eating disorders, 187–96
bariatric surgery, 34
body composition, 151
diabetes mellitus, 153
testing, 334
iron deficiency, 155
malnutrition, 165
metformin, 170
nutritional requirements, 152t
pregnancy, 115–16
agents of change, 170
Age-Related Eye Disease Study 2 formulation, 225
age-related macular degeneration, 221–6
risk factors, 224–5
zinc and, 76
aging, 197–213
air embolism, 494
ajoene, 445
albumin (serum), 12, 500
alcoholism, 312–13
on calcium levels, 318, 424, 491
cancer, 452, 481
celiac disease, 291
children, 153
chronic kidney disease, protein intake, 341
cystic fibrosis, 405
malabsorption, 317
protein malnutrition, 40
albuterol, 388
alcohol
breastfeeding, 128
cancer, 311, 448, 462, 464
cardiovascular disease risk, 248
case study, 308–13
diabetes patients, 342
diabetes prevention, 336
alcohol (cont.)
  energy content, 13t, 399
  fatty liver, 305
  heart failure, 256
  hypertension, 253–4, 271
  hypoglycemia, 342, 355
  pregnancy, 120
  on sleep, 231
  alcohol dehydrogenase, 310
  alcoholism
    consequences, 311
    laboratory tests, 11, 312–13
    prevalence, 311
    vitamin deficiencies, 308–13
    thiamin, 63
    vitamin C, 62
  alcohol-use disorder, 311
  alendronate, 388
  allergies, infants, 159–60
  Alli (orlistat), 30
  allicin, 445
  alliin, 445
  Allium vegetables, 445
  all-trans-retinal, 56
  all-trans-retinoic acid, 56, 57
  alpha-glucosidase inhibitors, 343
  alpha-linolenic acid, parenteral nutrition, 489
  alpha-tocopherol, 52t, 54t
    lung cancer, 447
    normal, 319
    on protein kinase A, 60
  alternative medicine, chronic kidney disease
    and, 422–3
  aluminum hydroxide, phosphorus deficiency, 73
  Alzheimer’s disease, 211
  amenorrhea, secondary, 189–91
  American Academy of Pediatrics (AAP)
    obesity treatment for children, 169
    website, 147
  American Cancer Society, on sugar and cancer, 458
  American College of Cardiology
    dyslipidemia assessment guidelines, 245, 260–61
    on sodium intake, 252
  American Heart Association
    dyslipidemia assessment guidelines, 245, 260–61
    on sodium intake, 252
  amino acids
    with branched chains, 306
    enteral feeding formulas, 470
    parenteral nutrition solutions, 489, 493
  amylin mimetics, 343
  anabolism, refeeding, 184
  anaphylaxis, iron dextran, 87
  androgens, polycystic ovary syndrome, 368
  androstenedione, 368
  anemia
    alcoholism, 312
    laboratory tests, 11
    microcytic, 40, 85, 86
    older adults, 202
    pregnancy, 116, 118
    anencephaly, 132
  angiotensin receptor antagonists, chronic kidney disease, 414
  angiotensin-converting enzyme inhibitors
    chronic kidney disease, 414
    diabetes mellitus, 351
  anorexia
    cancer cachexia, 453
    inflammatory bowel disease, 293
  anorexia nervosa, 189–92. See also eating disorders
  antacids
    vitamin E and, 60
    vitamin K and, 61–2
  anticonvulsants, osteomalacia, 59
  antidepressants, older adults, 213, 219
  anti-hypertensives
    cardiovascular disease risk reduction, 269
    chronic kidney disease, 432
  antioxidants, 50, 442
    anthocyanidins, 443
    cardiovascular disease risk and, 248
    chronic obstructive pulmonary disease, 376, 378
    enteral feeding formulas, 471
    macular degeneration, 225, 226
    selenium as, 79
    vitamin C as, 62
    vitamin E as, 60, 61
  apnea–hypopnea index, 394
  apolipoprotein B, 277
  apolipoproteins, children, 155t
  appetite
    alcohol on, 312
    children, 164
    chronic obstructive pulmonary disease, 376
    CNAQ (questionnaire), 219, 220t
    cystic fibrosis, 404
    improving (older adults), 212–13
    loss
      cancer cachexia, 453
      inflammatory bowel disease, 297
  Aquadek, 402
arachidonic acid, 243
AREDS-2 formulation, 225
arginine, enteral feeding, 472
arsenic, Tolerable Upper Intake Levels, 55t
arterial stiffness, 171
artificial sweeteners. See sweeteners
ascites, 306, 309, 385
ascorbic acid. See vitamin C
Asian–Indians, cardiovascular disease risk, 274–81
aspart insulin, 343, 344
aspiration
dysphagia, 211
enteral feeding, 476–7
aspirin, 464
atherosclerosis. See also cardiovascular disease
children, 171
low-density lipoprotein cholesterol, 242
plaque regression, 249
athletics
eating disorders, adolescence, 187–96
iron deficiency, 155
Atkins diet, 26–7
magnesium deficiency, 72
thiamin deficiency, 63
atorvastatin, 388
ATP III
guidelines, metabolic syndrome and, 260
Therapeutic Lifestyle Changes Diet, 27
atrophic macular degeneration, 223
autoantibodies, diabetes mellitus, 334–5
availability of foods, 273
azathioprine, 382

bacteria
food contamination
cancer and, 456
pregnancy, 120
translocation from gut, 500
banding. See laparoscopic adjustable gastric banding
barbequing, 463
bariatric surgeons, 38
bariatric surgery
case study, 31–43
children, 170
contraindications, 34
criteria, 34
diabetes mellitus, 43, 342
pregnancy after, 123–4
procedures, 34–7
thiamin deficiency from, 41, 43, 63
basal insulin delivery, 343, 344, 352
basal metabolic rate, 12
chronic obstructive pulmonary disease, 386
starvation, 182–183
behavior change, 20–21, 178, 179–80, 261–2, 265, 279–80. See also lifestyle change
stages, 262t
behavioral aspects, infant feeding, 164
Belviq, 30
beriberi, 63
berries, 442
beta gamma tocopherol, normal range, 319
beta-carotene, 56, 225
cancer and, 444–5, 447
excess, 57
beta-cell destruction, diabetes mellitus, 334–5
beverages
infants, 163
obesity and, 179
bicarbonate
gastrointestinal secretions, 490t
parenteral nutrition and, 491
biguanides. See metformin
bile, electrolytes, 490t
bile salt sequestrants, on nutrient absorption, 300
bile salts, 317
binge eating, 190t
bioavailability
folic acid, 136
iron, 86
St. John’s Wort on, 91
biological value, proteins, 413
biotin, 66
deficiency, 66
DRI, 51–2t
parenteral nutrition, 492t
Tolerable Upper Intake Levels, 54t
birth defects. See teratogenesis
bloating. See gas-producing foods
blood clotting, vitamin K and, 61, 320
blood count, complete, children, 153
blood loss
cow’s milk, 159
menstruation, 85, 88
blood pressure
cardiovascular risk screening, 157f
children, 167–8
diabetes treatment goal, 337t, 352
metabolic syndrome, 246t
pregnancy, 119–20
blood stream infection, catheter-related, 494
blood volume, pregnancy, 119–20
body mass index, 7–8, 9f
bariatric surgery, 34, 342
breast cancer, 440
children, 147, 150, 175
cardiovascular risk screening, 157f
percentiles, 148f, 149f

Index 557
body mass index (cont.)
  commercial drivers, 396
  cystic fibrosis, 404
target, 406, 407
diabetes mellitus, 334
  bariatric surgery, 342
hypertension vs. 26
  obesity, 7t, 8, 16, 25
  older adults, 206, 218
  overweight, 7–8, 16
pre-conception, 114
underweight, 7t, 15
BOHSE (Brief Oral Health Status Examination), 207–8
bolus feedings, 474
bolus insulin delivery, 344, 352
bone. See also osteoporosis
calcium and, 70, 192
corticosteroids on, 300
lead deposition, 98
parenteral nutrition, 495
vitamin D deficiency, 99
weight bearing exercise, 232
bone age, delay, 176
boron, Tolerable Upper Intake Levels, 55
botanicals. See herbs
bottle feeding. See also formula feeding
breast milk, 141
bowl obstruction, 499
bowl rest, 298
brain tumors, ketogenic diet, 459
branched-chain amino acids, 306
BRATT diet, 456
breakages, parenteral nutrition catheters, 494
breakfast, 370
breast cancer
  alcohol, 448
  antioxidants and, 62
  body mass index, 440
  fiber and, 441
  soy and, 445–6
  weight gain, 440, 453–4
breast milk, 125–6, 140
  storage, 141
breast pumps, 141
breastfeeding, 125–6, 158–9
diet for, 139, 141
  follow-up, 141
  frequency and length of time, 139–41
growth of infant, 140
  problems, 127–8
  promotion, 128, 137–41
Brief Oral Health Status Examination (Kayser-Jones), 207–8
broccoli, 444
Brussels sprouts, 444
bulimia nervosa, 189, 190
butyrate, 471
cachexia
  cancer, 209, 452–3, 482
cardiac, 254–5
caffeine, 231
caffeine test, 310
calcidiol. See 25-hydroxy vitamin D
calcification, 416
calcitriol. See 1, 25-dihydroxy vitamin D
calcium, 70–71
  chronic kidney disease, 417
colin cancer and, 463, 464
deficiency, 70–71
  after bariatric surgery, 40
cystic fibrosis, 405
eating disorders, 191, 192
  nephrotic syndrome, 424
refeeding, 185
dialysis patients, 420, 433
DRI, 53t, 290
enriched foods, 290
food sources, 117, 234, 514t
dairy foods, 513t
hypertension and, 253
  on iron absorption, 87
irritable bowel syndrome, 304
kidney stones, 425
lactation, 127
lead poisoning and, 98
malabsorption, 318
menopause, 234, 361
nephrotic syndrome, 424
  older adults, 201–2
  parenteral nutrition, 490t, 491
pregnancy, 117
renal transplantation, 422
supplements, 71, 117
  Crohn's disease, 301–2
Tolerable Upper Intake Levels, 55t, 71, 201
toxicity, 71
vitamin D and, 58
calcium-binding gamma-carboxyglutamate (gla), 61
calcium-phosphorus product, 491
caloric intake. See also requirements under energy
24-hour recall, 5
cancer, 457–8
chronic obstructive pulmonary disease, 386
cystic fibrosis, 407
deficiency, 183
excess, 17
for heart failure, 255–6
inflammatory bowel disease, 299
lactation, 126–7
as lipids, parenteral nutrition, 501
malabsorption, 321
polycystic ovary syndrome, 368, 369
pregnancy, 115
under-reporting, 177
weight reduction, 262
calorically dense enteral feeding formulas, 472
calorie (unit), 13

calorie deficit, cancer cachexia, 452
calorimetry, 492
canagliflozin, 343
cancer. See also specific cancers e.g. colon cancer
albumin (serum), 452, 481
alcohol, 311, 448, 462, 464
cachexia, 209, 452–3, 482
C-peptide and, 462
fiber and, 441, 463–4
hypermetabolism, 453, 482
insulin and, 440, 462
malnutrition, 450–54, 481–4
meats, 440–41, 463
medical nutrition therapy, 455–9
nutritional supplements, 458, 483
obesity, 439–40, 453–4, 462
physical activity and, 449–50, 462, 464
prevalence, 439
prevention and treatment, 439–59
red meat, 440–41, 463
selenium supplements, 79
smoking, 462
vitamin A supplements, 57
carbohydrate counting, 361
carbohydrates
breast milk, 126
cancer, 458
cirrhosis, 306
diabetes mellitus, 339, 340–41, 352, 353–5, 361
gestational, 123
digestion, 289
energy content, 13t
enteral feeding formulas, 470
infants, 163
kidney stones, 426
malabsorption, 289–90
irritable bowel syndrome, 303
older adults, 199
parenteral nutrition solutions, 489, 501
polycystic ovary syndrome, 368–9
pregnancy, 115
renal transplantation, 422
respiratory quotient, 379
servings, 361
simple. See sugar
carbon dioxide, nutrition support on
production, 379, 489
carcinogens
fiber on, 463
garlic on, 445
meats, 441, 444
sweeteners, 448–9
tobacco smoke, 462
cardiac bypass surgery, magnesium deficiency, 72
cardiac cachexia, 254–5
cardiac output, starvation, 183
cardioprotective disease, 241–56
children
prevention measures, 170–72
risk factors, 154, 155f, 156f, 170–71
diabetes mellitus, 359
event risk assessment, 245, 276–7
menopause, 230
nicotinamide, 65
obstructive sleep apnea, 394
phosphorus toxicity, 74
risk factors, 276–7
children, 154, 155f, 156f, 170–71
ethnicity, 274–81
hypertension, 269
lifestyle change on, 263, 264, 278–9
sodium and, 77
carotenoids, 56, 443t, 444–5
on coronary artery disease, 57
macular degeneration and, 225, 226
Tolerable Upper Intake Levels, 54t
carotenosis, 57
carotid intima media thickness
children, 171
phosphorus toxicity, 74
case studies
alcoholism, 308–13
bariatric surgery, 31–43
breastfeeding, 137–41
celiac disease, 322–7
children
insulin resistance, 173–80
malnutrition, 181–5
nutrient deficiencies, 95–9
chronic kidney disease, 427–34
chronic obstructive pulmonary disease, 383–90
case studies (cont.)

colon cancer
  post-operative care, 497–502
  prevention, 460–64

cystic fibrosis, 402–7

depression, 214–20
dialysis patients, 427–34
eating disorders, 187–96
enteral feeding, 479–84
esophageal cancer, 479–84
hypertension, 266–73
insulin resistance, children, 173–80
iron deficiency, 83–8
ketosis, 346–55
lead poisoning, 95–9
lifestyle change, 266–73
lipid metabolism disorders, 257–65
lipoprotein(a), 274–81
macular degeneration, 221–2
malabsorption, 314–21
malnutrition
  children, 181–5
  older adults, 214–20
menopause, 227–37
metabolic syndrome, 22–30, 274–81
neural tube defects, prevention, 129–36
obesity
  bariatric surgery, 31–43
  metabolic syndrome, 22–30
  obstructive sleep apnea, 391–401
  older adults
    macular degeneration, 221–2
    malnutrition, 214–20
    weight gain, 227–37
  parenteral nutrition, 497–502
  polycystic ovary syndrome, 364–74
  post-operative care, colon cancer, 497–502
  refeeding syndrome, 181–6
St. John’s Wort, 89–94
type 1 diabetes mellitus, 346–55
type 2 diabetes mellitus, 356–63
weight gain, older adults, 227–37

casein, breast milk, 126

catabolic stress, 14–15, 182. See also metabolic stress
  protein requirements, 14
catheter-related bloodstream infection, 494
  complications, 494

catheters for parenteral nutrition
  central, 493

celiac disease, 160, 290–92, 322–7
  associations, 325
  symptoms, 325

Centers for Disease Control and Prevention (CDC)
  children, BMI classification, 150
  growth charts, 147
  central line-associated bloodstream infection, 494
  central obesity. See abdominal obesity
  central parenteral nutrition, 493
cereals
  gluten-containing, 326
  infants, 160, 161–2f
  chelation, magnesium, 320
  chelation therapy, lead poisoning, 99
chemotherapy
  selenium and, 448
  side-effects, 450–51, 454–5
children. See also infants; lead poisoning
  atherosclerosis, 171
  behavioral aspects, 164
  cardiovascular disease prevention, 170–72
  diabetes mellitus, 153–4, 176, 333
    testing, 334
  energy needs, 152–3
  fluorosis, 80
  hyperlipidemia, 171–2
  insulin resistance, case study, 173–80
  iron supplements, 75
  laboratory tests, 153–8
  magnesium deficiency, 72
  malnutrition, 15, 146, 165–7
    case study, 181–5
    classification, 151f
  nutrient requirements, 151–2
  nutrition assessment, 146–51
  obesity, 19, 20f, 167–70
  physical activity, 18
  Tolerable Upper Intake Levels
    elements, 55t
    vitamins, 54t
    vitamin A, 57–8
    vitamins, DRI, 51t
china (dinnerware), lead from, 97–8
chloride
  gastrointestinal secretions, 490t
  parenteral nutrition solutions, 491
choke hazards, infant feeding, 163
cholecalciferol. See vitamin D3
cholelithiasis, 306
cholerrheic enteropathy, 317
cholesterol
  children, 154, 155f, 156f
  chronic obstructive pulmonary disease, 389
  diabetes mellitus, 351
  fat malabsorption, 317
  nephrotic syndrome, 317
  total, 260
cholesterol (dietary), 244
children, 171
choline
  DRI, 51–2t
  pregnancy, 117
  Tolerable Upper Intake Levels, 54t
ChooseMyPlate.gov website, 20, 152
chromium, 81–2
  diabetes mellitus and, 341
  DRI, 53t, 491t
  supplements, 82
  Tolerable Upper Intake Levels, 55t
  toxicity, 81
chromodulin, 81
chronic diseases, malnutrition, 209–11
chronic glomerulonephritis, 431
chronic kidney disease, 412–18
  albumin (serum), protein intake, 341
  case study, 427–34
  complementary medicine and, 422–3
  medical nutrition therapy, 432–3
chronic obstructive pulmonary disease, 209–11, 375–9
  case study, 383–90
  enteral feeding formulas, 472
  medical nutrition therapy, 377–8, 388–90
cinacalcet, 421
cirrhosis, 305–6
citrate, urinary excretion, 302
Clean Air Act and Amendments, 97
Clostridium difficile, 475
coagulation (blood), vitamin K and, 61, 320
cobalamins, 67
Cockroff–Gault formula, creatinine clearance, 431
coenzyme A, 65
coenzyme Q10, 256, 388
cognitive dysfunction, older adults, 211
colas, feeding tubes and, 477
collagen, 62
colon, electrolytes, 490t
colon cancer, 440
  incidence, 461
  parenteral nutrition, 497–502
  prevention, 460–64
  risk factors, 461–2
color of fruits and vegetables, phytochemicals, 443t
colostrum, 125
complementary medicine, chronic kidney disease and, 422–3
complete blood count, children, 153
compliance. See adherence
“Comprehensive Multidisciplinary Intervention” (AAP), 169
cone cells, retina, 56
constipation, 218, 295–6
cancer treatment, 457t
enteral feeding, 475–6
iron supplements, 87
lactose intolerance, 289
magnesium supplements for, 202
pregnancy, 119, 121–2
containers, lead from, 97–8
contemplation (behavior change stage), 262t
continuous ambulatory peritoneal dialysis, 433
continuous enteral feeding, 474
continuous glucose monitoring (CGM), 337
continuous positive airway pressure therapy, 381, 391, 395
counseling, 396–7
continuous renal replacement therapy (CRRT), 412.
  See also hemodialysis
continuous subcutaneous insulin infusion, 351–2.
  See also insulin pump therapy
contraceptives
  breastfeeding and, 128
  folate deficiency, 117
  polycystic ovary syndrome, 368
cooking, meat and cancer, 441, 463
copper, 76–7
  deficiency, 76–7
  DRI, 53t, 491t
  Tolerable Upper Intake Levels, 55t, 77
toxicity, 77
  zinc and, 76
coronary artery disease
  bariatric surgery on, 37
carotenoids on, 57
  menopause, 230
  nutrition therapy, 248–9
  risk assessment, 245, 259, 276–7
  risk from hypertension, 269
corticosteroids, 209–11, 382, 387. See also prednisone
  on bone, 300
  renal transplantation, 422
costs
  obesity, 16–17
  osteoporosis, 71
  saving by education on sodium, 255
  traffic accidents, 394
Coumadin. See warfarin
Council on Nutrition Appetite Questionnaire, 219, 220

counseling, 169, 178, 360. See also education; self-management education
Asian–Indian diets, 279–80
breastfeeding, 138–9
continuous positive airway pressure therapy, 396–7
obesity, 20–21
pre-conception, after bariatric surgery, 124
pregnancy, 113
by primary care physicians, 273
counterregulatory hormones, insulin, 336
cow’s milk, 159. See also dairy foods
C-peptide, cancer and, 462
cranberry juice, 198
feeding tubes and, 477
interactions with drugs, 92
C-reactive protein (CRP), 368
cancer, 453
enteral feeding, 483
high-sensitivity, 277
creatine
acute kidney injury, 411
chronic kidney disease, 431
 clearance, 431
cretinism, 81
critical illness, 14
gastrointestinal tract, 500
Crohn’s disease, 296–303
cross-cultural communication, 397–8
 cruciferous vegetables, 444
cultural issues
 cardiovascular disease risk reduction, 279
 older adults, 199
cyano- cobalamin, 67
cyclooxygenases, 442, 464
cyclosporine, 382
 hyperkalemia, 422
 St. John’s Wort and, 92, 423
cystic fibrosis, 379–80
 case study, 402–7
 medical nutrition therapy, 405–7
 cytochromes, 74
 St. John’s Wort on, 91
cytokines
 chronic obstructive pulmonary disease, 377
 obstructive sleep apnea, 381
cytomegalovirus, breastfeeding and, 128
 cytosolic phospholipase A2, 442
daily allowances. See Recommended Daily Allowances
dairy foods, 218
calcium, 71, 513
 infants, 159, 161–2
 on iron absorption, 87
 lactose intolerance, 289–90
 polycystic ovary syndrome, 370
 DASH diet. See Dietary Approaches to Stop Hypertension diet
 DASH-Sodium trial, 271
dawn phenomenon, glucose levels, 344
 DDP-4 inhibitors, 343
dehydration
 athletics, 191
 enteral feeding, 476
 older adults, 198, 231
 parenteral nutrition, 495
dehydroepiandrosterone sulphate, 368
delayed reactions, iron dextran, 87
dental care. See oral health assessment
depression
 management, 219
 older adults, 211, 214–20
 St. John’s Wort, 92–3
dermatitis, niacin deficiency, 65
detemir insulin, 343, 344
 DETERMINE (mnemonic), 205
 developing countries, malnutrition, 15
dexpanthenol, parenteral nutrition, 492
 dextrose
 parenteral nutrition solutions, 489, 493, 494, 501
 peritoneal dialysis, 419
 Diabetes Control and Complications Trial, 350–51
diabetes mellitus, 332–63. See also gestational diabetes
 bariatric surgery, 43, 342
 children, 153–4, 176, 333
 testing, 334
 chromium supplements, 82
cystic fibrosis-related, 405–7
diagnosis, 333
diet history, 5
 enteral feeding, 475
 formulas, 472
 intensive treatment, 351
 laboratory tests, 11, 25, 153–4, 333–4
 lifestyle change, 242
 medical nutrition therapy, 338–42, 352–3, 360–62
 medications, 343–4
 neural tube defects, 132
 obstructive sleep apnea, 395
 physical activity on risk, 26
 prevalence, 333
risk after gestational diabetes, 122
risk factors, 334
Diabetes Prevention Program, 26, 363
Diabetes Prevention Program Outcomes trial, 363
diallyl compounds, 445
diabetes mellitus, 26, 363
Diabetes Prevention Program Outcomes trial, 363
diallyl compounds, 445
diarrhea, 294–5
bowel obstruction, 499
cancer treatment, 454, 456, 457t
enteral feeding, 475
inflammatory bowel disease, foods causing, 298
medications causing, 476t
diastolic pressure, treatment criteria, 250
diet history, 4, 5t
children, 150–51
usual intake, 5–6
Dietary Approaches to Stop Hypertension diet (DASH diet), 28, 171, 250–51, 262, 270–71, 272
adherence, 273
dietary folate equivalents, 52t
Dietary Reference Intakes (DRI), 50, 152. See also Recommended Daily Allowances; Tolerable Upper Intake Levels
calcium, 290
linoleic acid, 243
minerals, 53t
trace elements, 491
vitamins, 51–2t, 54t
Dietary Supplement and Health Education Act 1994, 93
dietitians (registered), 38
CVD risk reduction, 246
diabetes mellitus, 338
polycystic ovary syndrome, 370
referral criteria in pregnancy, 113
sodium and, 255
diets. See also Atkins diet; ketogenic diets; low-carbohydrate diets; vegetarian diets
after bariatric surgery, 41, 42
for breastfeeding, 139, 141
cardiovascular disease risk reduction, 246, 279–80
children, 171–2
cirrhosis, 306
colon cancer prevention, 464
diabetes mellitus, 339–41
dialysis patients, 434
for dyslipidemia, 262–3
for eating disorders, 192
gastroesophageal reflux disease and, 293
high-calorie, high-protein, 218–19
for hypertension, 272. See also Dietary Approaches to Stop Hypertension diet
inflammatory bowel disease etiology, 297–8
treatment, 298–9
LEARN diet, magnesium deficiency, 72
liquid meal replacement, 39–40
low-fat, 292
low-fiber, 301
low-glycemic index, 361
for macular degeneration, 225
for obesity, 178–9
odynophagia, 482
older adults, 211
peptic ulcer disease, 294
polycystic ovary syndrome, 368–71
thiamin deficiency from, 63
digestion, 289
cystic fibrosis, 380
digestive system. See gastrointestinal tract
digoxin hypokalemia, 420
St. John's Wort and, 92
1,25-dihydroxy vitamin D (calcitriol), 58, 70, 99, 119
cancer and, 447
chronic kidney disease, 418
dialysis patients, 421
lead poisoning on synthesis, 98
dinnerware, lead from, 97–8
dipeptidyl peptidase-4 inhibitors, 343
direct calorimetry, 492
disease-specific formulas, enteral feeding, 471
diuretics, chronic kidney disease, 432
diverticulitis, 305
diverticulosis, 304–5
docosahexaenoic acid age-related macular degeneration and, 225, 226
cardiovascular disease risk, 243
for hypertriglyceridemia, 249
infant formulas, 159
pregnancy, 119
drink (alcoholic), defined, 248
drip feedings, 474
driving. See also commercial drivers obstructive sleep apnea, 391, 394, 396
drugs. See medications; substance abuse; drug screening under urine
drusen, 224
dry weight, 385, 432
dual energy X-ray absorptiometry (DEXA) after bariatric surgery, 42
inflammation bowel disease, cystic fibrosis, 405
values, 230
dumping syndrome, 42, 124, 457

duodenum
  biopsy, celiac disease, 325
electrolytes, 490

dyslipidemia, 244–5
  algorithm, 156f
  assessment, 245, 259–61
  children, 154, 170–72, 176–7
diabetes mellitus, 359
dialysis patients, 419
diet history, 5
  diets for, 262–3
  laboratory tests, 11
  nephrotic syndrome, 423, 424
  niacin for, 265
  polycystic ovary syndrome, 369
  renal transplantation, 422
  secondary causes, 244–5
dysphagia, 211. See also odynophagia
dyspnea, 176

early dumping, 42
early satiety, cancer treatment, 457

eating disorders, 165
  athletics, 187–96
  clinical features, 189–91
  laboratory tests, 11, 191

echinacea, interactions with drugs, 92

edema
  nephrotic syndrome, 424
  pregnancy, 115
  refeeding, 185
edentulism, 203

education. See also self-management education
diabetes mellitus, 355
  on nutritional supplements, 49, 50
  on sodium intake, 255
egg white, biotin absorption, 66

eggs
  dyslipidemia, 263
  infants, 163
eicosapentaenoic acid, 501
  acute respiratory distress syndrome, 472
  age-related macular degeneration and, 225, 226
  cardiovascular disease risk, 243
  for hypertriglyceridemia, 249
  infant formulas, 159
  pregnancy, 119

electrolytes. See also minerals
  parenteral nutrition, 490–91
  imbalances, 495
  elemental formulas, enteral feeding, 471
eellagic acid, 442

embryo. See teratogenesis
encephalopathy
  hepatic, 306
  enteral feeding formulas, 471
  Wernicke’s, 41, 185
endometrial cancer, 440
endomysial antibodies, 290–91, 325
endotracheal aspirates, 477–8
end-stage renal disease
  homocysteine, 420. See also chronic kidney disease
energy. See also resting energy expenditure
  alcohol, 311, 399
  excess intake, 17
  requirements, 12–14
  acute kidney injury, 411
  adolescent athletes, 191–2
  children, 151–3
  chronic kidney disease, 413, 432
  chronic obstructive pulmonary disease, 377, 379, 386
cystic fibrosis, 407
  dialysis patients, 419
inflammatory bowel disease, 297
  lactation, 126–7, 141
  nephrotic syndrome, 423–4
  older adults, 197, 199, 218
parenteral nutrition, 492, 500
  pregnancy, 116
  renal transplantation, 421–2
  sugar alcohols, 361

enteral feeding, 469–87
  chronic obstructive pulmonary disease, 378–9
  complications, 475–7
  esophageal cancer, 479–84
  formulas, 470–73, 483
  heart failure, 256
  indications, 469–70
  inflammatory bowel disease, 302
  intolerance, 475
  monitoring, 474–5
parenteral nutrition vs, 470
  routes, 473–4
  schedules, 474
  transition from parenteral nutrition, 495

enteral misconnection, 477

environment, lead poisoning from, 97
ephedra, interactions with drugs, 92
epigenetics, obesity, 169
ergocalciferol. See vitamin D
erythrocyte protoporphyrin concentration, 86
erthrocyte thiamine transketolase, 41
erythropoietin stimulating agents, 418
esophageal cancer, enteral feeding, 479–84
essential fatty acids, parenteral nutrition, 489
estimated average glucose, 351
Estimated Average Requirements (EAR), 50
Estimated Energy Requirements (EER), children, 153
estrogen, indole-3-carbinol on, 444
estrogen receptors, phytoestrogens on, 445
ethnicity. See also cross-cultural communication; cultural issues
   cardiovascular disease risk, 274–81
colon cancer, 462
diabetes mellitus, 153
lactose intolerance, 289
lipoprotein(a), 278
macular degeneration, 224
neural tube defects, 132
obesity, 19
   children, 168f
physical activity, 18
pregnancy, anemia, 116
soy and, 445–6
vitamin D synthesis, 447
 evolution, obesity and, 168
exenatide, 343
exercise. See physical activity
explanatory model, patient’s, 397
eye. See also age-related macular degeneration; retrolental fibroplasias
vitamin A and, 56

failure to thrive, 166
familial combined hyperlipidemia (FCHL), 261
families, infant feeding, 164
family history, 4
   cardiovascular disease, 154, 157f
   colon cancer, 462
   obesity, 17
fasting, cancer, 459
fasting glucose level, 25, 333
   children, 153–4
fat (body)
   body mass index vs, 7
   pregnancy and lactation, 139
fat mass, children, 151
fat mass and obesity-associated gene (FTO gene), 17
fat-free mass index, 375
fatigue, 358–9
   chronic obstructive pulmonary disease, 387
   iron deficiency, 85
   obstructive sleep apnea, 381
fats
   breast milk, 126
dietary, 242–4
   cancer, 441–2, 458
   chronic kidney disease, 413
cirrhosis, 306
diabetes mellitus, 340, 341
digestion, 289
gallstones, 306
guidelines, 246
inflammatory bowel disease etiology, 297
inflammatory bowel disease treatment, 301
   on lipid profiles, 249
   malabsorption, 292–3, 317, 321
   polycystic ovary syndrome, 369–70
   renal transplantation, 422
   respiratory quotient, 379
   on triglycerides, 249–50
energy content, 13f
ental feeding formulas, 470–71
fecal, 320
infant feeding, 163
intravenous emulsions, 489, 493, 501
metabolism disorders, case study, 257–65
oxidation rates, 501
synthesis, 489
fatty liver, 305. See also non-alcoholic fatty liver disease
fatty streaks, vascular, 171
fecal fat, 320
Federal programs, food assistance, 16
Fenton neonatal growth curves, 147
fermented dairy foods, 290
ferritin, 74
ferritin (serum)
   dialysis patients, 421
   iron deficiency, 40, 85–6, 87
   pregnancy, 116, 118
ferrous salts, 87, 118–19
fertility, polycystic ovary syndrome, 371
fetal alcohol syndrome, 120
fever, energy needs, 152
fiber
   cancer and, 441, 463–4
   cardiovascular disease risk reduction, 246, 247, 263
constipation, 295–6
diabetes prevention, 336
diabetes treatment, 340, 360–1
diarrhea, 295
diverticulosis, 304–5
ental feeding formulas, 471
food sources, 521f
gastroesophageal reflux disease and, 293
inflammatory bowel disease, 301
irritable bowel syndrome, 303–4
kidney stones, 426
menopause, 231
older adults, 199, 218
pregnancy, 119
fibrin acid derivatives, 265
fibroblast growth factors, 74
fibroids, 85
Finnish Diabetes Study, 363
fish, 243
colon cancer and, 463
mercury, 120
fish oil supplements, 243, 501
chronic kidney disease, 423
chronic obstructive pulmonary disease, 378
flavonoids, 442, 443
flaxseed, chronic kidney disease, 423
flour, folate fortification, 135
fluid weight, 385
fluids
acute kidney injury, 412
cancer treatment, 456
chronic kidney disease, 417–18, 433
dialysis patients, 419, 434
diverticulosis, 305
enteral feeding, 471, 483
monitoring, 474–5, 476
loss. See also dehydration
glycosuria, 350
menopause, 231
older adults, 198, 218
overload
parenteral nutrition, 495
refeeding, 185
parenteral nutrition, 490
pregnancy, 119–20
retention, 115
renal stones, 425
renal transplantation, 422
restriction
enteral feeding formulas, 472
heart failure, 255
fluoride, 79–80
DRI, 53t
Tolerable Upper Intake Levels, 55t, 80
toxicity, 80
fluorosis, 80
flushing (skin), niacin, 65
flushing of feeding tubes, 477
folate, folic acid vs, 131, 136
folic acid, 68–9
deficiency, 68–9, 133–4
after bariatric surgery, 41
alcoholism, 312
colon cancer, 462–3
malabsorption, 320
DRI, 51–2t
food sources, 117, 135, 512t
guidelines, 133
inflammatory bowel disease treatment, 300
laboratory tests, 313
normal range, 320
older adults, 201
parenteral nutrition, 492t
pregnancy, 69, 116–17, 129–36
Recommended Daily Allowance, 117, 201, 464
supplements, 43, 132, 136
chronic kidney disease, 418
dialysis patients, 420
Tolerable Upper Intake Levels, 54t, 69, 201
trials, 133
follicle stimulating hormone, menopause, 229
food allergies, infants, 159–60
Food and Drug Administration, banning of trans fats, 244
food diaries, 298–9
food frequency questionnaires, 6
food insecurity, 15–16, 199
food safety, cancer, 456
food supplements. See nutritional supplements
formula feeding
fatty acids, 159
weight gain, 140
fortification
folic acid, 117, 133, 134–5, 201
vitamin D, 447
four Ds, niacin deficiency, 65
fractures
mortality, 234
osteoarthritis, 71
vitamin D and, 59–60
frailty, nutritional, 209, 210f, 211–12
Framingham Risk Score, 276–7
free radicals, 442
French Paradox, 448
frontal bossing, 59
fructooligosaccharides (FOS), 302, 471
fructose, irritable bowel syndrome, 303
fruit juice, infants, 160–63
fruits, 232
on cancer risk, 443–5
cardiovascular disease risk reduction, 248, 251
folic acid, 135–6
food sources, 272
infants, 160–63
phytochemicals, 442–3
functional capacity, older adults, 203
functional health literacy, 273
furosemide, 387, 388
gallbladder, stones, 306
gamma-carboxyglutamate (gla),
calcium-binding, 61
gamma-linolenic acid, acute respiratory distress syndrome, 472
garlic, 92t, 445
gas exchange, nutrition support on, 379
gasoline, lead in, 97
gas-producing foods, 304, 389, 457t
gastrectomy. See vertical sleeve gastrectomy (VSG)
gastric acid secretion, 294
gastric juice, electrolytes, 490t
gastric residual volume, 475
gastroesophageal reflux disease, 293
gastrointestinal tract
alcohol on, 312
atrophy, 183
cancer treatment, 454–5, 456
critical illness, 500
diseases, 288–307
ferrous salts on, 118–19
ions in secretions, 490t
mycophenolate mofetil on, 422
pregnancy, 121–2
trace element losses, 491t
gastrostomy tubes, 473
complications, 477
gender, physical activity, 18
general health maintenance, screening, 259
genetics
celiac disease, 325–6
obesity, 17, 168, 169
genistein, 445
geographic atrophy, 224
gestational diabetes, 116, 122–3
after bariatric surgery, 124
ghrelin, 377–8
sleep deprivation, 231
vertical sleeve gastrectomy, 35
gingko, interactions with drugs, 92t
glargin insulin, 343, 344
glibenclamide, 343
glimepiride, 343
glioblastoma (GBM), 459
glipizide, 343
glomerular filtration rate, chronic kidney disease staging, 412–13
glomerulonephritis, 430–31
GLP-1 receptor agonists, 343
glucagon, type 2 diabetes mellitus, 335
gluconeogenesis, 350
glucose. See also hyperglycemia
cancer, 458–9
continuous monitoring, 337
cystic fibrosis, 407
dawn phenomenon, 344
estimated average, 351
hemoglobin A1C vs, 351
kidney threshold, 350
laboratory tests, 25, 153–4, 333
self-monitoring, 336–7
glucose load test, 176
pregnancy, 122
after bariatric surgery, 124
glucose tablets, 344
glucose-like polypeptide-1 receptor agonists, 343
glucosinolates, 444
glucometabolism, 335
gululose insulin, 343, 344
glutamic acid decarboxylase antibodies, 335
glutamine, 379
cancer cachexia, 453
enteral feeding, 472
parenteral nutrition, 500–501
glutathione peroxidase, 79
gluten-free diets, 291–2, 326–7
glyburide, 343
glycemic control, 336–7
glycemic index, 340, 361
glycogen, potassium on storage, 78
glycosylated hemoglobin. See hemoglobin A1C goiters, 81
gravity (obstetric), 129
gravity drip feedings, 474
green tea extract, interactions with drugs, 92t
growth
adolescence, 165
breastfeeding, 140
children, 147–50
malnutrition and, 15
growth charts, 147–9
condition-specific, 150
growth hormone, chronic obstructive pulmonary disease, 377
guidelines
chronic kidney disease, 429
dietary fat, 246
dyslipidemia assessment, 245, 260–61
folic acid, 133
lead exposure, 98
metabolic syndrome, 260
on sodium intake, 252
H2 antagonists, with enzyme therapy, 406
half-lives
proteins, 12
thiamin, 185
vitamin D, 58
hallmark sign, refeeding syndrome, 184
health literacy
  functional, 273
  older adults, 198
health maintenance screening, 259
heart failure, 254–6
  refeeding, 183, 185
  risk from hypertension, 269
heartburn, pregnancy, 121, 122t
heavy metals, pregnancy, 120
height measurement, 147
  older adults, 206
hematocrit
  guideline values for chronic kidney disease, 429
  pregnancy, 118t
heme iron, 74, 86
hemochromatosis, 75
hemodialysis, 418–21, 433
  medical nutrition therapy, 434
  protein intake, 411, 432–3
hemofiltration, 412
hemoglobin
  children, 155
  guideline values for chronic kidney disease, 429
  pregnancy, 118t
hemoglobin A1C, 333, 337
  children, 154, 157f
  cystic fibrosis, 407
  glucose levels vs, 351
  low-glycemic index diets and, 361
  physical activity on, 362
  polycystic ovary syndrome, 368
  risk of microvascular complications, 359
  treatment goal, 360
hemorrhage, vitamin E toxicity, 60
heparin-induced thrombocytopenia, 494
hepatic encephalopathy, 306
  enteral feeding formulas, 471
herbs
  chronic kidney disease and, 422–3
  hot flashes, 233
  interactions with drugs, 89–94
  product quality, 93
heterocyclic amines, 441
high biological value proteins, 413
high birth weight, 112, 114–15, 123
high-calorie, high-protein diet, 219
high-density lipoprotein cholesterol
  children, 154, 155t
  diabetes treatment goal, 337t
  lifestyle change, 242t
  menopause, 232
  metabolic syndrome, 246t
  weight reduction on, 249
high-fat, low-carbohydrate diet. See ketogenic diets
high-protein, low-carbohydrate diet, 26–7, 369
high-sensitivity C-reactive protein, 277
hind milk, 140
hip fractures
  costs, 71
  vitamin D and, 59–60
hirsutism, 367
history. See diet history; medical history; obstetric history
HIV infection
  chromium supplements, 82
  vertical transmission prevention, 127–8
HLA-DQ heterodimers, 325
home parenteral nutrition, 495–6
homocysteine, 50, 64
  dialysis patients, 420
  folate deficiency, 69, 134
"honeymoon phase", diabetes mellitus, 335
hormone replacement therapy (HRT), 233, 359
hospitalization, eating disorders, 192
hospitalized patients
  malnutrition, 15
  physical activity factor, 13
  protein requirements, 14
  hot flashes, 230, 231, 233, 358–9
  households, hungry, 15–16
  housing, lead poisoning, 97
  Humalog Mix insulins, 344t
human leukocyte antigen-DQ heterodimers, 325
Humulin insulin, 344t
hunger, signs in neonates, 126
hungry households, 15–16
hydration
  monitoring, enteral feeding, 474–5
  older adults, 198
hydrogenation of fats, 244
25-hydroxy vitamin D, 58
  bariatric surgery, 40
  children, 158
  chronic kidney disease, 418
  inflammatory bowel disease, 301
  levels, 200
  pregnancy, 119
hyperandrogenism, 368
hypercalcemia, 71
hypercalciuria, 425
hyperforin, 91, 93
hyperglycemia, 350
  complications, 332
  cystic fibrosis, 405–6
  enteral feeding, 475
parenteral nutrition, 494
renal transplantation, 422
type 2 diabetes mellitus, 335
hypercin, 91, 93
Hypericum perforatum. See St. John’s Wort
hyperkalemia, 78
cyclosporine, 422
hyperlipidemia. See also dyslipidemia
children, 171–2
familial combined (FCHL), 261
hypermetabolism
cancer, 453, 482
chronic obstructive pulmonary disease, 377
hypernatremia, 77
hyperoxaluria, 425
hyperparathyroidism, secondary, 40, 319, 415–16
hypertension, 26, 250–54. See also Dietary Approaches to Stop Hypertension diet
bariatric surgery on, 43
case study, 266–73
chronic kidney disease, 432
diet history, 5
lifestyle change, 242t
metabolic syndrome, 246t
obesity and, 252, 271
obstructive sleep apnea, 394, 395
physical activity and, 254, 271, 272–3, 363
prevalence, 268–9
risks from, 269
sodium and, 77, 252–3, 269–70
treatment criteria, 250
hyperuricemia, 27
hypervitaminosis A, 57
hypoalbuminemia, calcium, 491
hypocalcemia, 70–71, 99
eating disorders, 191
malabsorption, 318
nephrotic syndrome, 424
refeeding, 185
hypodipsia, 219
hypoglycemia, 332, 350
alcohol and, 342, 355
exercise and, 342
parenteral nutrition, 494–5
prevention, 355
treatment, 344
hypokalemia, 78, 387
dialysis patients, 420
eating disorders, 191
mycophenolate mofetil, 422
parenteral nutrition, 490
refeeding, 183, 185
hyponatremia, 77
heart failure, 255
hypophosphatemia
refeeding, 183
renal transplantation, 422
hypothyroidism, 81, 260
hypovolemia, 350
IgA antihuman tissue transglutaminase, 290–91, 325
ileum
electrolytes, 490t
resections, 297
traumatic absence, 317
immune-enhancing formulas, enteral feeding, 471, 472
immune-modulating enteral feeding, 378–9
immunity
malnutrition, 500
vitamin A deficiency, 57
immunoglobulin A deficiency, 325
immunonutrition, 500
immunosuppressants, 382, 422
herbs and, 423
impaired fasting glucose, 333
impaired glucose tolerance, 333
incretin hormones, 336
indigestion, pregnancy, 121, 122t
indirect calorimetry, 492
indole-3-carbinol, 444
indoles, 444
infants. See also neonates
corrected age, 149
DRI, vitamins, 51t
feeding, 158–63. See also breastfeeding; formula feeding
problems, 164
growth charts, 147–9
Tolerable Upper Intake Levels elements, 55t
vitamins, 54t
infections
breast milk preventing, 125
contraindicating breastfeeding, 127–8
HIV
chromium supplements, 82
preventing vertical transmission, 127–8
parenteral nutrition, 494
streptococcal, acute glomerulonephritis, 430–31
inflammation
high-sensitivity C-reactive protein, 277
macular degeneration, 224
polyunsaturated fats, 301, 501
inflammatory bowel disease, 296–303
anorexia, 293
inhibin, perimenopause, 230
insoluble fiber, 295, 441, 464

Instrumental Activities of Daily Living, 203, 206

insulin, 336, 339, 343–4
basal vs bolus, 352
cancer and, 440, 462
continuous infusion, 351–2
coordinating with carbohydrates, 353–5
cystic fibrosis-related diabetes, 406–7
deficiency, 349–51
dosage vs carbohydrate, 355
parenteral nutrition, 494–5
potentiation by chromium, 81, 82
rapid-acting, 343, 344, 351–2
refeeding, 183
insulin pens, 344
insulin pump therapy, 344. See also continuous subcutaneous insulin infusion

insulin resistance, 27, 245, 359–60
acute kidney injury, 411
children, case study, 173–80
cirrhosis, 306
conditions with, 334
physical activity, 401
polycystic ovary syndrome, 368
insulin-like growth factor-1, cancer and, 440
International Study of Electrolyte Excretion and Blood Pressure (INTERSALT), 269

international units
vitamin A, 56
vitamin D, 58
interpreters, 397–8
intestinal obstruction, 499
intrauterine growth restriction (IUGR), 114
iron deficiency, 155
intravenous fat emulsions (IVFE), 489, 493, 501
intravenous iron, 87, 300, 421, 432
intravenous thiamin, 43
insulin, 471
INVOKANA (medication), 343
iodine, 80–81
deficiency, 80–81
DRI, 53t
supplements, 81
Tolerable Upper Intake Levels, 55t, 81
Ireton–Jones equation, 492
iron, 74–5
absorption, 86
deficiency, 74–5
after Roux-en-Y gastric bypass, 40
children, 155
cow’s milk, 159
eating disorders, 191, 192

inflammatory bowel disease, 300
prevalence, 84
women, 83–8
DRI, 53t
food sources, 86, 518t
intravenous, 87, 300, 421, 432
lactation, 127
metabolism, 88
older adults, 202
pregnancy, 118–19
serum levels, 86
supplements, 75, 87–8, 118
challenge with, 155
children, 75
chronic kidney disease, 418, 422
constipation, 87
dialysis patients, 421
dosage, 43
infants, 159
inflammatory bowel disease, 300
older adults, 75, 218
pregnancy, 75, 118–19
Tolerable Upper Intake Levels, 55t, 75, 202
toxicity, 75
iron dextran, 87, 421
irritable bowel syndrome, 303–4
isoflavones, 445–6
isothiocyanates, 444

jejunostomy tubes, 473

kava, interactions with drugs, 92t
Kayser-Jones Brief Oral Health Status Examination, 207–8f
ketogenic diets
cancer, 458–9
saturated fats in, 27
ketone bodies, 350
ketosis, 27
alcohol consumption, 310
case study, 346–55
mechanism, 350
pregnancy, 115
kidney disease, 410–36. See also chronic kidney disease; hemodialysis; peritoneal dialysis; renal transplantation
acute kidney injury, 410–12
diabetic, protein intake, 341
nephrotic syndrome, 423–4
kidney stones, 424–6
calcium oxalate, 71, 301–2
kidney threshold, glucose, 350
kilocalorie (unit), 13r
kitchens, bariatric surgery patients, 38
Kleinman, A., et al., patient’s explanatory model, 397
K-Lyte, 388
Korsakoff’s syndrome, 185
kwashiorkor, 15
selenium deficiency, 79
labeling of foods, gluten-free diets, 327
laboratory data, 11–12
laboratory tests, 11–12
after bariatric surgery, 42
alcoholism, 11, 312–13
celiac disease, 291, 325
children, 153–8
chronic kidney disease, 431
cystic fibrosis, 406, 407
diabetes mellitus, 11, 25, 153–4, 333–4
eating disorders, 11, 191
enteral feeding, 483
malabsorption, 11, 317–20
parenteral nutrition, 501–2
polycystic ovary syndrome, 367–8
pregnancy, 116
bariatric surgery, 124
lactate
alcohol metabolism, 310, 312
chronic obstructive pulmonary disease, 377
lactation, 124–8
body fat, 139
DRI, vitamins, 52f
energy requirements, 126–7, 141
Tolerable Upper Intake Levels
elements, 55t
vitamins, 54f
lactose
on calcium absorption, 70
intolerance, 289–90, 321
lanthanum carbonate, 417f
laparoscopic adjustable gastric banding (AGB), 35
diabetes mellitus, 342
pregnancy after, 124
weight reduction from, 37
laparoscopic sleeve gastrectomy. See also vertical
sleeve gastrectomy
children, 170
laparoscopy, advantages, 37
“large for gestational age”, 112
late dumping, 42
laxatives, chronic kidney disease, 423
Lead and Copper Rule, 97
lead poisoning, 95–9
blood levels, 98
guidelines for exposure, 98
pregnancy, 120
treatment, 99
lean body mass, children, 151
LEARN diet
magnesium deficiency, 72
thiamin deficiency, 63
leptin
chronic obstructive pulmonary disease, 377
obstructive sleep apnea, 381
sleep deprivation, 231
“let-down”, breastfeeding, 139
leukemia, retinoic acid and, 57
LI-160 (St. John’s Wort extract), 93
lifestyle change, 20–21, 169–70, 171–2. See also
behavior change
cardiovascular disease risk, 242f, 246, 263, 264,
278–9
diabetes prevention, 335–6, 363
polycystic ovary syndrome, 368–71
pre-diabetes, 363
linagliptin, 343
linoleic acid, 243
inflammatory bowel disease, 297
parenteral nutrition, 489
lipid lowering drugs. See also statins
children, 172
lipids. See also dyslipidemia; fat
metabolism disorders, case study, 257–65
parenteral nutrition, caloric intake, 501
lipoprotein(a), 278
medications for, 281
liquid meal replacement diet, 39–40
liquid nutritional supplements, cirrhosis, 306
liraglutide, 343
lispro insulin, 343, 344
Listeria monocytogenes, 120
literacy, older adults, 198
liver disease, 177, 305–7
alcoholism, 312–13
enteral feeding formulas, 471
parenteral nutrition related, 489, 496
liver function, 177
starvation, 182
logging, physical activity, 371
long-acting insulins, 344f, 352
long-chain triglycerides, enteral feeding
formulas, 470–71
lorcaserin, 30
low birth weight, 112, 116. See also premature
infants
low-carbohydrate diets, 399
high-protein, 26–7, 369
Index

low-density lipoprotein cholesterol
atherosclerosis, 242
calculation, 260
cardiovascular disease risk, 241–2
children, 154, 155f, 156f, 157f
diabetes treatment goal, 337t, 352, 359–60
dietary factors, 244
lifestyle change, 242
lipoprotein(a) vs, 278
menopause, 232
reduction guidelines, 246
saturated fat intake on, 242
statins on, 245
vitamin C on, 201
from VLDL, 261
weight reduction on, 249
low-density lipoproteins, 261
low-fat diets, 292
low-fiber diet, 301
lung cancer
alpha-tocopherol and, 447
cachexia, 453
lung transplantation, 381–2
lutein, 225, 226
lycopene, 444
macrominerals, 70
macrophages, iron release, 88
macrosomia, 112, 114–15, 123
macular degeneration. See age-related macular degeneration
magenta tongue, 65
magnesium, 72–3, 185
deficiency, 72
malabsorption, 320
refeeding, 183–5
DRI, 53t
food sources, 517t
older adults, 202
parenteral nutrition, 490t, 491
supplements, 72–3, 231
Tolerable Upper Intake Levels, 55t, 202
toxicity, 72
maintenance (behavior change stage), 262t
malabsorption, 289–93, 314–21
bariatric surgery causing, 35–7
cirrhosis, 305–6
cystic fibrosis, 380
heart failure, 254
hyperoxaluria, 425
inflammatory bowel disease, 297
irritable bowel syndrome, 303
laboratory tests, 11, 317–20
peptic ulcer disease, 294
troublesome foods, 321
vitamin deficiencies, 404–5
malnutrition, 14–16, 500
alcoholism, 311
bariatric surgery causing, 40
cancer, 450–54, 481–4
children, 15, 146, 165–7
case study, 181–6
classification, 151t
chronic obstructive pulmonary disease, 375–9, 387
cirrhosis, 305–6
cystic fibrosis, 404, 405
heart failure, 254–5
inflammatory bowel disease, 296–7
laboratory tests, 11–12
older adults, 202–12
depression, 214–20
manganese
DRI, 53t, 491t
Tolerable Upper Intake Levels, 55t
marasmus, 15
March of Dimes, on folate intake, 134–5
mastitis, 127
mature milk, 125
mealtimes, infant feeding, 164
meats
cancer, 440–41, 463
infants, 163
processed, 441, 449
saturated fats, 369
mechanical ventilation, 378–9
energy requirements, 492t
medical history, 4–7, 259
toxicity, 72
medications
breastfeeding and, 128
cancer, 440–41, 463
causing diarrhea, 476t
cancer, 450–54, 481–4
cystic fibrosis, 404, 405
developmental delay, 118
energy requirements, 492t
history-taking, 4
interactions
folate, 116
herbs, 92t
St. John's Wort, 91
lead poisoning from, 98
medical history, 4–7
medications
breastfeeding and, 128
causing diarrhea, 476t
cancer, 450–54, 481–4
cystic fibrosis, 404, 405
developmental delay, 118
energy requirements, 492t
history-taking, 4
interactions
folate, 116
herbs, 92t
St. John's Wort, 91
lead poisoning from, 98
phosphate-binding, 417, 420, 432, 433
via feeding tubes, 477
for weight reduction, 30
Mediterranean-style dietary pattern, on lipid profiles, 249–50
medium-chain triglycerides (MCT), 292, 301
enteral feeding formulas, 470, 471
megaloblastic anemia, folate deficiency, 312
megestrol, 212–13
meglitinides, 343
melanoma, retinol and, 57
menaquinone, 61
menopause, 227–37
breast cancer, 440
calcium, 234, 361
menstruation
blood loss, 85, 88
irregular, 367
mercury, 120
metabolic acidosis
alcohol consumption, 310
ketosis, 350
metabolic bone disease. See also osteoporosis
parenteral nutrition, 495
metabolic stress, 489. See also catabolic stress
metabolic syndrome, 245, 260–61, 359, 395
cardiovascular disease risk, 277
case study, 391–401
diagnosis, 25, 246t
lifestyle change, 242t
weight reduction, 248
metformin, 170
diabetes prevention, 336
lifestyle change vs, 363
diabetes treatment, 343
polycystic ovary syndrome, 368
vitamin B₃ absorption, 201
methionine synthase, 67
methotrexate, 300
methyl tetrahydrofolate, 69, 131, 312
methylene tetrahydrofolate reductase, 133, 134f
methylmalonic acid, 41
methylmalonyl-CoA mutase, 67
microcytic anemia, 40, 85, 86
micrograms, vitamin D, 58
microminerals, 70
Mifflin–St. Jeor equation, 14t, 386, 492
miglitol, 343
milk. See breast milk; cow’s milk; dairy foods
milliequivalents, sodium, 414
Mineral-Bone-Disorder, 415
minerals, 69–82. See also electrolytes; specific minerals or ions e.g. sodium
cancer and, 447–8
Dietary Reference Intakes, 53t
enteral feeding formulas, 471
inflammatory bowel disease, 300
lactation, 127
macular degeneration and, 225
multivitamins with
bariatric surgery, 43
older adults, 220
older adults, 201–2
parenteral nutrition, 491
pregnancy, 116
starvation, 182
mirtazapine, 219
molybdenum
DRI, 53t
Tolerable Upper Intake Levels, 55t
monounsaturated fat, 28, 243–4
food sources, 263
polycystic ovary syndrome, 369
moonshine, lead in, 97
mortality
bariatric surgery on, 37
body mass index vs, 206
fractures, 234
obesity, 16
motivational interviewing, 169, 178, 360
mouth, conditions, 10t
mucositis, 454, 457t
multidisciplinary teams
bariatric surgery, 38
older adults, 213
multivitamins
acute kidney injury, 412
Aquadek, 402
cardiovascular disease risk and, 248
chronic kidney disease, 432
cystic fibrosis, 406
folic acid supplements vs, 132
myocardial infarction, 57
parenteral nutrition, 492t
pregnancy, 119, 123. See also prenatal vitamins
renal transplantation, 422
multivitamins with minerals
after bariatric surgery, 43
older adults, 220
muscle wasting, 8
cancer cachexia, 452, 453
muscle weakness, vitamin D deficiency, 200
My Plate guidance system, 20, 151–2
mycophenolate mofetil, 382
hypokalemia, 422
myocardial infarction
magnesium supplements, 73
nutritional supplements, 57
nails, iron deficiency, 85
nasoenteric tubes, 473
complications, 477
nateglinide, 343
Index

National Heart Lung and Blood Institute, Clinical Guidelines, 7–8

nausea
- cancer treatment, 454, 456, 457t
- pregnancy, 121, 122t

neonates
- growth charts, 147
- hypothyroidism, 81
- signs of hunger, 126
- vitamin K injections, 61
- weight gain, 140

neovascular macular degeneration, 223

nephrolithiasis. See kidney stones

nephrotic syndrome, 423–4


neutropenia, 456

niacin, 64–5
- deficiency, 64–5
- DRI, 51–2t
- dyslipidemia treatment, 265
- on lipoprotein(a) levels, 281
- older adults, 201
- synthesis, 49
- Tolerable Upper Intake Levels, 54t, 65
- toxicity, 65

niacin equivalents, 52t

niacinamide, parenteral nutrition, 492t

nickel, Tolerable Upper Intake Levels, 55t

nicotinamide, 64, 65

nicotinic acid. See niacin

nitrates, processed meats, 441

nitrogen balance, 502

nitrosamines
- garlic and, 445
- processed meats, 441

nocturnal hemodialysis, phosphorus and, 420

non-alcoholic fatty liver disease, 177, 305

non-alcoholic steatohepatitis, 305

non-high-density lipoprotein cholesterol, children, 154, 155t, 156f, 157f

noni juice, 423

nonsteroidal anti-inflammatory drugs (NSAID), 464

Novolin insulin, 344t

Novolog Mix insulin, 344t

NPH insulin, 343, 344

nursing homes, malnutrition, 15, 211–12

nutrition assessment, 3–21
- anorexia nervosa, 191–2
  for bariatric surgery, 39–40
- children, 146–51
- folic acid, 135–6
- laboratory tests, 11

malnutrition, 14–16

medical history, 4–7

menopause, 230–31

obesity, 7–11, 16–20

older adults, 203

physical examination, 7

pregnancy, 112–13

Nutrition Checklist, 204–5f

Nutrition Screening Initiative, 203, 204–5f

nutritional frailty, 209, 210f, 211–12

nutritional supplements. See also fish oil supplements
- after bariatric surgery, 43
- calcium, 71
- cancer, 458, 483
- education on, 49, 50
- heart failure, 256
- iodine, 81
- iron, 75
- liquid, cirrhosis, 306
- magnesium, 72–3
- medium chain triglycerides, 292
- older adults, 212
- potassium, 78
- pregnancy, 113
- product quality, 93
- selenium, 79
- vitamin A, 57–8
- vitamin D, 59–60
- zinc, 76

nuts, diverticulosis, 304

oats, celiac disease, 326

obesity, 16–21
- abdominal. See abdominal obesity
- body mass index, 7t, 8, 16, 25
- cancer, 439–40, 453–4, 462
- case studies, 22–30
- bariatric surgery, 31–43
- children, 19, 20f, 167–70
- defined, 8
- diabetes mellitus, testing, 334
- diets for, 178–9
- formula feeding vs breastfeeding, 140
- gastroesophageal reflux disease, 293
- hypertension and, 252, 271
- neural tube defects and, 132
- nutrition assessment, 7–11, 16–20
- pregnancy, 114–15
- prevalence, 18–20
- obesity specialists, 38
- obstetric history, 112
- notation, 129
obstructive sleep apnea, 381
  bariatric surgery on, 43
  case study, 391–401
  medical nutrition therapy, 398–401
  occlusion, parenteral nutrition catheters, 494
  occupational exposure, lead, 97
  occupational risk factors, on nutrition, 112
  odynophagia, 482
  older adults, 197–213. See also menopause
    dehydration, 198, 231
    depression, 211
    case study, 214–20
  iron supplements, 75, 218
  Olsen neonatal growth charts, 147
  omega 3 fatty acids, 243, 501. See also
docosahexaenoic acid; eicosapentaenoic acid
  cancer and, 441–2
  chronic obstructive pulmonary disease, 378
  food sources, 263, 301, 519
  for hypertriglyceridemia, 249, 265
  inflammatory bowel disease, 301
  macular degeneration and, 225, 226
  pregnancy, 119
  omega 6 fatty acids, 243
  cancer and, 441–2
  chronic obstructive pulmonary disease, 378
  inflammatory bowel disease, 301
  oral contraceptives. See contraceptives
  oral glucose tolerance test, 333
  cystic fibrosis, 407
  oral health assessment, older adults, 203–6, 207–8
  oral mucositis, 454, 457f
  orexigenic agents, 212–13
  orexin, 381
  orlistat, 30, 170
  Ornish diet, thiamin deficiency from, 63
  orogastric, oroenteric tubes, 473
  osmolarity, peripheral parenteral nutrition, 493
  osmotic diarrhea, 294
  osteodystrophy, renal, 59, 415
  osteomalacia, 59, 99, 319
  osteopenia, 230
  cystic fibrosis, 405
  osteoporosis, 71. See also metabolic bone disease
    chronic obstructive pulmonary disease, 376
    cystic fibrosis, 405
    menopause, 230, 234
    sodium and, 77
  overweight, 16–21
  body mass index, 7–8, 16
  children, 167–70
    case study, 173–80
    defined, 7–8
    diabetes mellitus, testing, 334
  pregnancy, 114–15
  prevalence, 18–20
  oxalic acid
    on calcium absorption, 70
    Crohn's disease, 301–2
    food sources, 426t, 520t
    kidney stones, 71, 425
    vitamin C toxicity, 62
  oxytocin, 139
  paint, lead from, 97
  Panax Ginseng, interactions with drugs, 92f
  pancreatic enzyme supplements, 380, 406
  pancreatic insufficiency, cystic fibrosis, 404
  pancreatic secretions, electrolytes, 490t
  pancreatitis, 292, 473
  pantethenic acid, 65–6
  DRI, 51–2t
  Tolerable Upper Intake Levels, 54t
  parathyroid hormone (PTH), 40, 58, 319
  parenteral iron, 87, 300, 421, 432
  parenteral nutrition, 488–504
    colon cancer, 497–502
    complications, 494–6
    content of solutions, 489–92
    energy requirements, 492, 500
    enteral feeding vs, 470
    enteral misconnection, 477
    indications, 488–9
    inflammatory bowel disease, 303
    routes, 493
    transition to enteral feeding, 495
    weaning to oral feeding, 502
  parents, infant feeding, 164
  parity (obstetric), 129
  past medical history, 4, 259
  patient’s explanatory model, 397
  pedometers, 28
  pellagra, 65
  Penn State equations, 492
  peptic ulcer disease, 294
  percent body fat. See fat mass
  percent weight change, 8, 10t, 386
  percentiles
    body mass index, children, 148f, 149f
  percutaneous feeding tubes, 473
    complications, 477
  perimenopause, 230
  peripheral parenteral nutrition, 493
  peritoneal dialysis (PD), 418–21, 433
  protein intake, 411
  peritonitis, protein needs, 418
  phentermine, 30
  phosphate-binding medications, 417, 420, 432, 433
phosphorus, 73–4
content by foods, 416
deficiency, 73–4
dialysis patients, 420
DRI, 53
parenteral nutrition, 490t, 491
refeeding, 184
renal transplantation, 422
restriction, 415–17, 433, 434
Tolerable Upper Intake Levels, 55t, 74
toxicity, 74
vitamin D on absorption, 58
phototransduction, 56
phylloquinone, 61
physical activity, 26, 28, 179, 401
cancer and, 449–50, 462, 464
cardiovascular disease risk reduction, 250, 264, 278–9
diabetes patients, 342, 362–3
carbohydrate adjustments, 354–5
diabetes prevention, 335, 336
hypertension and, 254, 271, 272–3, 363
insulin resistance, 401
macular degeneration, 225
menopause, 231–2
obesity, 17–18
obstructive sleep apnea, 381
polycystic ovary syndrome, 371
pregnancy, 121
physical activity factor, 13
physical examination, 7, 8, 10–11

dyslipidemia, 260
enteral feeding, 483
older adults, 206–9
phytates, on iron absorption, 86–7
phytochemicals
cancer and, 442
food sources, 442–3
sulfur compounds, 443t, 444, 445
phytoestrogens, 445
phytosterols. See plant stanol/sterol esters
pica, 85, 113
pinch-off syndrome, 494
pioglitazone, 343
plant stanol/sterol esters, 247, 263
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
daily intake, 246, 360
plaque regression, atherosclerosis, 249
plateau, weight reduction, 29
polycystic ovarian morphology, 367
polycystic ovary syndrome, 364–74
medical nutrition therapy, 368–71
polydipsia, 350
polyphagia, 350
polyphenols, 442–3
on iron absorption, 87
polyunsaturated fats, 243. See also omega 3 fatty acids; omega 6 fatty acids
inflammation, 301, 501
polyuria, 350
Pooled Cohort Risk Assessment Equations, cardiovascular disease, 245
post-operative period
bariatric surgery, 40–41
parenteral nutrition, 489
case study, 497–502
post-prandial glucose, 153–4
potassium, 78, 387. See also hyperkalemia; hypokalemia
acute kidney injury, 411–12
chronic kidney disease, 414–15
deficiency, 78
eating disorders, 191
refeeding, 184
dialysis patients, 419–20, 434
food sources, 415t, 516t
gastrointestinal secretions, 490t
hypertension and, 253
ketosis, 27, 350
magnesium deficiency, 72
nephrotic syndrome, 424
noni juice, 423
parenteral nutrition, 490–91
supplements, 78, 388
toxicity, 78
power struggles, infant feeding, 164
pramlintide, 343
prealbumin (serum), 12, 500
cancer, 452
children, 153
enteral feeding, 483
prebiotics
enteral feeding formulas, 471
inflammatory bowel disease, 302
pre-conception body mass index, 114
pre-conception counseling, after bariatric surgery, 124
precontemplation (behavior change stage), 262t
pre-diabetes, 153, 359, 360
diagnosis, 333–4
physical activity, 362–3
prevalence, 333
prevention of type 2 diabetes mellitus, 363
prednisone, 388
on nutrient absorption, 297
on potassium levels, 387
preeclampsia, 115
pregnancy, 111–25
body fat, 139
calcium supplements, 71
folic acid, 69, 116–17, 129–36
iron supplements, 75, 118–19
physiology, 111–12
selenium, 79

Tolerable Upper Intake Levels
elements, 55
vitamins, 54
vitamin A and, 58, 119, 123
vitamin D deficiency, 59
vitamins, DRI, 52
weight reduction after, 127

pre-hypertension, 268–9
premature infants, 116. See also low birth weight
growth charts, 147–9
iron deficiency, 155
vitamin E deficiency, 60
vitamin E toxicity, 60
PREMIER study, 272
prenatal vitamins, 123
folic acid, 136
lactation, 127

pre-operative period, parenteral nutrition, 488–9
preparation (behavior change stage), 262
pre-surgical management, bariatric surgery, 39–40

"Prevention Plus" (AAP), 169
primary care physicians
counseling by, 273
role in bariatric surgery, 38
primary deficiency, vitamin A, 57
primary hypertension, 269
primary nutrition problems, 12
probiotics
diarrhea, 295
inflammatory bowel disease, 302
irritable bowel syndrome, 304
lactose intolerance, 290
problem lists, 12
processed meats, 441, 449
Prochaska model, 20–21
prolactin, 140
prostate cancer
lycopene and, 444
obesity, 454
omega 6 fatty acids, 442
selenium, 447
soy and, 446–7
weight gain, 453–4
prostate-specific antigen, 446
protein kinase A, alpha-tocopherol on, 60
protein status, 11–12
protein-losing enteropathy, 297
proteins
acute kidney injury, 411
bariatric surgery
absorption, 40
intake after, 42
breast milk, 126
calcium excretion, 70
cancer, 440–41, 453
requirements, 458
chronic kidney disease, 413
excretion, 431
requirements, 432
chronic obstructive pulmonary disease, 377
cirrhosis, 306
deficiency, cystic fibrosis, 405
diabetes mellitus, 341
dialysis patients, 418–19, 432–3, 434
digestion, 289
energy content, 13
enteral feeding
blood monitoring, 483
formulas, 470
half-lives, 12
heart failure, 256
infants, 161–2
inflammatory bowel disease
etiology, 297
requirements, 299
kidney stones, 71, 425–6
malabsorption, 290–92
malnutrition, 40, 183
nephrotic syndrome, 423
parenteral nutrition, 489, 500
polycystic ovary syndrome, 369
pregnancy, 115, 116
requirements
cancer, 458
children, 152
chronic kidney disease, 432
hospitalized patients, 14
inflammatory bowel disease, 299
older adults, 199, 218
pregnancy, 116
renat transplantation, 421
proteinuria, nephrotic syndrome, 423
prothrombin time (PT), normal values, 319
proton pump inhibitors, with enzyme therapy, 406
protoporphyrin concentration, erythrocytes, 86
psychiatry, eating disorders, 192
psychological tests, 38
psychologists, on bariatric surgery teams, 38
psychosocial aspects, infant feeding, 164
puberty
  body composition, 151
  eating disorders, 191
Public Health Service (USA), folic acid fortification, 134
pulmonary edema, enteral feeding formulas, 472
purging, 189
purines
  folate on biosynthesis, 312
  food sources, 522r
pyridoxine. See vitamin B₆
pyrimidines, folate on biosynthesis, 312
pyruvate dehydrogenase, 312
Qsymia, 30
R binders, 405
rachitic rosary, 59
radiation (ionizing), iodine supplementation, 81
radiography, vitamin D deficiency, 99
radiotherapy, 454, 482
random plasma glucose, 333
rapid-acting insulin, 343, 344, 351–2
readiness to change, 178
Recommended Daily Allowances (RDA). See also Dietary Reference Intakes
  calcium, 117, 201
  fiber, 231
  folic acid, 117, 201, 464
  iron, 118, 202
  magnesium, 202
  proteins, older adults, 199
  sodium, 270
  vitamin A, 199
  pregnancy, 119
  vitamin B₁₂, 201
  vitamin C, 200
  vitamin D, 158, 200, 319
  vitamin E, 200
  vitamins, 50
  zinc, 202
red meat
  cancer, 440–41, 463
  infants, 163
red wine, 448
redox state, 310, 311f
refeeding, 183–5
  energy needs, 152
  management, 184–5
refeeding syndrome
  case study, 181–6
  enteral feeding, 475, 483
  laboratory tests, 11
micronutrient deficiencies, 166
  parenteral nutrition, 495
  refractory hypertension, obstructive sleep apnea, 394, 395
  registered dietitians. See dietitians
  rejection of renal transplant
    fluid restriction, 422
    herbs, 423
  Remeron (mirtazapine), 219
renal failure
  acute, 410–12
  enteral feeding formulas, 471
  phosphorus toxicity, 74
renal function. See also kidney disease
  laboratory tests, 11
  starvation, 182
renal osteodystrophy, 59, 415
renal transplantation, 421–3
renin, salt sensitivity, 270
repaglinide, 343
resistance training. See also weight bearing exercise
  hypertension and, 271
  type 2 diabetes mellitus, 362
respiration
  artificial. See mechanical ventilation
  respiration rate, diabetes mellitus, 355
respiratory distress syndrome. See acute respiratory distress syndrome
respiratory insufficiency, enteral feeding formulas, 472
respiratory quotient, 379
resting energy expenditure, 12–14, 500
restrictive procedures, bariatric surgery, 34–5
resveratrol, 448
reticulocytes, iron deficiency, 86
retina. See also age-related macular degeneration
  vitamin A and, 56
retinol, 56
  melanoma and, 57
  pregnancy, 119
retinol activity equivalents, 52t, 56
retinyl esters, 56
retrolental fibroplasias, 60
review of systems (history-taking), 6–7
ribofl avin, 50, 63–4
  deficiency, 64
  DRI, 51–2t
  older adults, 201
  parenteral nutrition, 492t
  Tolerable Upper Intake Levels, 54t
rice cereal, 160
rickets, 59, 71, 99
risk calculator (AHA/ACC panel), 261
risk drinking, 311
roadside eating, 399t, 400t
roadside exercise, 401t
rosiglitazone, 343
Roux-en-Y gastric bypass, 35–7
children, 170
diabetes mellitus, 342
dumping syndrome, 42
malnutrition after, 40
pregnancy after, 124
weight reduction from, 37

saccharin, 448–9
saliva, electrolytes, 490t
salt. See also sodium
cancer and, 449
depletion, cystic fibrosis, 405
sensitivity, 270
salt-wasting crisis, 77
sarcopenia obesity, 453
saturated fats, 242–3
children, 171
in ketogenic diets, 27
meats, 369
reduction guidelines, 246
treatment goal, 360
saxagliptin, 343
Scandishake, 402, 406
screen time, 179
screening
anemia, 118
body mass index, 175
cardiovascular disease risk factors, 154, 155f, 156f
children, 153–4, 176
general health maintenance, 259
gestational diabetes, 122
after bariatric surgery, 124
iron deficiency, 87
lead poisoning, 98
lipoprotein(a), 278
malnutrition, older adults, 203
pregnancy, 116
scurvy, 62
secondary amenorrhea, 189–91
secondary hyperparathyroidism, 40, 319, 415–16
secondary nutrition problems, 12
secondary vitamin A deficiency, 57
sedentary activities (screen time), 179
sedentary patients, physical activity factor, 13
seeds, diverticulosis, 304
selective serotonin reuptake inhibitors (SSRIs), 213, 219, 233
selenium, 78–9
cancer and, 447–8
deficiency, 79
DRI, 53t, 491t
food sources, 447–8
supplements, 79
Tolerable Upper Intake Levels, 55t, 79
toxicity, 79
Selenium and Vitamin E Cancer Prevention Trial, 79
self-management education, diabetes mellitus, 344–5, 353–5
self-monitoring
blood glucose, 336–7
lifestyle, 180
semi-elemental formulas, enteral feeding, 471
sepsis, parenteral nutrition, 494
sevelamer, 417, 433
sex hormone binding protein, 368
short stature, 176
short-chain fatty acids, 463, 471
sickle cell disease, vitamin A and, 57–8
silicon, 55t
sitagliptin, 343
skin conditions, 10t
vitamin A supplements, 57
skin pigmentation, vitamin D synthesis, 447
sleep deprivation, menopause, 231
sleep studies, 394
slow-release verapamil, 387
small bowel tube feeding route, 473–4
“small for gestational age”, 112
smoking
breastfeeding, 128
cancer, 462
heart failure, 256
macular degeneration, 224
pregnancy, 120
vitamin C deficiency, 62
snacks
children, 178–9
DASH-recommended foods, 272
diabetes treatment, 360–1
insulin therapy, 352
snoring, 25
social aspects
depression, 219
malnutrition, 165
obesity, 168
older adults, 199
social history, 4
sodium, 77. See also salt
acute kidney injury, 411–12
cancer and, 449
chronic kidney disease, 413–14

Index 579
sodium (cont.)
cirrhosis, 306
DASH diet trials, 250–51
deficiency, 77
diabetes mellitus and, 342
dialysis patients, 419, 433
food sources, 414, 515
intestinal secretions, 490
heart failure, 255
hypertension and, 77, 252–3, 269–70
kidney stones, 426
nephrotic syndrome, 424
parenteral nutrition, 490
renal transplantation, 422
retention, refeeding, 185
toxicity, 77
soft foods, 209
soil, lead in, 97
Soladek (vitamin D supplement), 59
solid foods, infants, 159–63
soluble fiber, 247, 463–4, 471
diarrhea, 295
sorbitol, diarrhea, 295, 476
soy
breast cancer, 445–6
grits, 446
intravenous fat emulsions, 489
nephrotic syndrome, 423
prostate cancer, 446–7
spina bifida, 132
spironolactone, 368
stomach cancer
chromium toxicity, 81
processed meats, 441
stenosis. See oral mucositis
stones. See also kidney stones
gallbladder, 306
streptococcal infections, acute
  glomerulonephritis, 430–31
stress reduction, 279
"string of pearls" appearance, 367
strokes
  folic acid, 201
  risk assessment, 245
  risk from hypertension, 269
"Structured Weight Management" (AAP), 169
substance abuse
  breastfeeding and, 128
  urine screening, misuse of niacin, 65
sugar
cancer, 458–9
diabetes mellitus, 341
on lipid profiles, 249–50
sugar alcohols, diabetes mellitus, 341, 361
sulfasalazine, 300
sulfonylureas, 343
sulfonamides, 444
sulfur compounds, phytochemicals, 443
sun exposure, vitamin D synthesis, 58–9
Supplemental Nutrition Assistance Program, 16
survival rates, colon cancer, 461
Swedish Obese Subjects study, on bariatric
  surgery, 37
sweeteners
cancer, 448–9
diabetes mellitus, 341, 360–1
synergism, vitamins, 50
systemic inflammatory response syndrome, 500
systems review (history-taking), 6–7
systolic pressure, treatment criteria, 250
tacrolimus, 382
St. John’s Wort and, 423
take-home lead exposure, 97
taste changes, cancer management, 457
teeth, fluorosis, 80
teratogenesis
  heavy metals, 120
  vitamin A, 57, 119
"Tertiary Care Intervention" (AAP), 169
testosterone
  chronic obstructive pulmonary disease, 377
  polycystic ovary syndrome, 368
tetraethyl lead, 97
tetrahydrofolate, 312. See also methyl
tetrahydrofolate
thiamin, 63
deficiency
  after bariatric surgery, 41, 43, 63
  alcoholism, 312
heart failure, 256
refeeding, 185, 186
signs, 312
DRI, 51–2
older adults, 201
parenteral nutrition, 492
supplements, 43
alcoholism, 312
Tolerable Upper Intake Levels, 54–5, 56
boron, 55
calcium, 55, 71, 201
choline, 54 t
choline, 55 t, 77
copper, 55 t, 77
defined, 56
fluoride, 55 t, 80
folic acid, 54 t, 69, 201
iodine, 55 t, 81
iron, 55 t, 75, 202
magnesium, 55 t, 202
molybdenum, 55 t
niacin, 54 t, 65
nickel, 55 t
phosphorus, 55 t, 74
selenium, 55 t, 79
vanadium, 55 t
vitamin A, 54 t, 199
vitamin B₆, 54 t, 67
vitamin C, 54 t, 200
vitamin D, 54 t, 59, 200
vitamin E, 54 t, 60–61
zinc, 55 t, 76, 202
tomatoes, 444–5
topiramate, 30
total energy expenditure, 13, 386
total nutrient admixtures, 493
toxic megacolon, avoidance, 475
toxicity
calculator, 71
chromium, 81
copper, 77
fluoride, 80
iron, 75
glucose, 335
magnesium, 72
niacin, 65
phosphorus, 74
potassium, 78
selenium, 79
sodium, 77
vitamin A, 57
vitamin B₆, 67
vitamin C, 62
vitamin D, 59
vitamin E, 60–61
vitamin K, 61–2
zinc, 76
tobacco smoke, carcinogens, 462
tocopherols, 60
tocotrienols, 60
tofu, prostate cancer and, 446
Tolerable Upper Intake Levels, 54–5, 56
boron, 55
calcium, 55, 71, 201
copper, 55 t, 77
defined, 56
fluoride, 55 t, 80
folic acid, 54 t, 69, 201
iodine, 55 t, 81
iron, 55 t, 75, 202
magnesium, 55 t, 202
molybdenum, 55 t
niacin, 54 t, 65
nickel, 55 t
phosphorus, 55 t, 74
selenium, 55 t, 79
vanadium, 55 t
vitamin A, 54 t, 199
vitamin B₆, 54 t, 67
vitamin C, 54 t, 200
vitamin D, 54 t, 59, 200
vitamin E, 54 t, 60–61
zinc, 55 t, 76, 202
ulcerative colitis, 296–303
probiotics, 302
ultrasound, chronic kidney disease, 431
ultraviolet light, vitamin D, 158, 200, 447
traffic accidents, obstructive sleep apnea, 394, 396
trans fatty acids, 244
transferrin, 12, 74, 85, 86, 88
dialysis patients, 421
transitional milk, 125
tricyclic antidepressants, older adults, 213
triglycerides
alcohol metabolism, 310
children, 154, 156 f, 157 f
diabetes treatment goal, 337 t
dietary factors, 242 t, 243, 246, 249–50
diary fat intake on, 249–50
enteral feeding formulas, 470–71
metabolic syndrome, 246 t
omega 3 fatty acids on, 249, 265
parenteral nutrition, 489
vitamin C on, 201
weight reduction on, 249
tuck drivers. See commercial drivers
tryptophan, 64–5
tubes for enteral feeding, 473–4
complications, 477
twin pregnancy, maternal weight gain, 114
type 1 diabetes mellitus, 334–5
insulin deficiency, 349–50
ketosis, case study, 346–55
treatment, 338–9
type 2 diabetes mellitus, 335
case study, 356–63
obstructive sleep apnea, 395
prevention in pre-diabetes, 363
testing, 333–4
treatment, 339
under-nutrition
  children, 166
  energy needs, 152
under-reporting, caloric intake, 177
underweight, 15
  body mass index, 7t, 15
  children, 166
  pre-conception, 114
uric acid, urinary, 27, 425–6
urine
  24-hour collections
    chronic kidney disease, 431
    parenteral nutrition, 502
    chronic glomerulonephritis, 431
    citrate excretion, 302
  drug screening, misuse of niacin, 65
output
  acute kidney injury, 411t
  kidney stones, 425
  pregnancy, 116
  sodium, 414
  uric acid, 27, 425–6
uroepithelial atrophy, 230
urolithiasis. See kidney stones
US Dietary Guidelines, fiber, 296
usual intake, diet history, 5–6
uterus, fibroids, 85
vaginal atrophy, 230
valerian, interactions with drugs, 92t
vanadium, Tolerable Upper Intake Levels, 55t
vascular disease. See cardiovascular disease
vascular endothelial growth factor, 224
vascular endothelium, statins on, 249
vegetables, 232, 272
  on cancer risk, 443–5
    cardiovascular disease risk reduction, 248, 251
    folic acid, 135–6
    infants, 160, 161–2f
    phytochemicals, 443
vegetarian diets
  Asian–Indians, 279
  chronic kidney disease, 413
  diabetes mellitus, 340
  vitamin B12 deficiency, 67–8
ventilation. See mechanical ventilation
verapamil, 387
vertical sleeve gastrectomy (VSG), 35. See also
  laparoscopic sleeve gastrectomy
  weight reduction from, 37
very low calorie diet, 39–40
very low-density lipoproteins, 244, 261
  physical activity on, 363
viscous fiber. See soluble fiber
vitamin A, 56–8
  chronic kidney disease and, 418
  deficiency, 57, 167, 405
    malabsorption, 318–19
  DRI, 51–2t
  food sources, 507t
  older adults, 199–200
  parenteral nutrition, 492t
  pregnancy, 58, 119, 123
  Tolerable Upper Intake Levels, 54t, 199
  toxicity, 57
vitamin B1. See thiamin
vitamin B2. See riboflavin
vitamin B3. See niacin
vitamin B6, 66–7
  chronic kidney disease, 418
  deficiency, 64–5, 67
    masked by folate, 201
  dialysis patients, 420
  DRI, 51–2t
  parenteral nutrition, 492t
  Tolerable Upper Intake Levels, 54t, 67
  toxicity, 67
vitamin B12, 67–8
  deficiency, 67–8
    after bariatric surgery, 40–41
    inflammatory bowel disease, 297, 300
    malabsorption, 318, 405
    masked by folate, 135
    metabolism, 312
dosage, 43
  DRI, 51–2t
  food sources, 68
  older adults, 201
  parenteral nutrition, 492t
  supplements, 201
    malabsorption, 321
  Tolerable Upper Intake Levels, 54t
vitamin C, 62–3
  cancer, 458
  chronic kidney disease, 418
  deficiency, 62
  dialysis patients, 420
  DRI, 51–2t
  food sources, 511t
  on iron absorption, 74, 86, 87, 300
  older adults, 200–201
  oxalic acid from, 425
  parenteral nutrition, 492t
  Tolerable Upper Intake Levels, 54t, 200
  toxicity, 62
vitamin D, 58–60, 70
  breast milk, 126
  breastfeeding and, 139
cancer and, 447
chronic kidney disease, 418
deficiency, 58–9, 200, 405, 406
  after bariatric surgery, 40
  children, 156–8
lead poisoning, 98–9
malabsorption, 319
signs and symptoms, 99
dialysis patients, 421
DRI, 51–2t
food sources, 158, 234, 447, 508t
inflammatory bowel disease, 300–301
menopause, 234
nephrotic syndrome, 424
older adults, 200
parenteral nutrition, 492t
pregnancy, 119
supplements, 59–60
infants, 159
neonates, 126
synthesis, 49
Tolerable Upper Intake Levels, 54t, 59, 200
toxicity, 59
vitamin D₂, 58
  cancer and, 447
vitamin D₃ (cholecalciferol), 58
dosage, 43, 52t, 59
supplements, 59
  cancer and, 447
  lactation, 127
vitamin E, 60–61
deficiency, 60
  malabsorption, 319, 404–5
DRI, 51–2t
food sources, 509t
older adults, 200
parenteral nutrition, 492t
Selenium and Vitamin E Cancer Prevention
  Trial, 79
supplements, 200
  Tolerable Upper Intake Levels, 54t, 60–61
toxicity, 60–61
vitamin K, 61–2
  antibiotics and, 406
deficiency, 61
  cystic fibrosis, 404
  malabsorption, 319–20
DRI, 51–2t
food sources, 94, 510t
neonates, 126
parenteral nutrition, 492t
  Tolerable Upper Intake Levels, 54t
toxicity, 61–2
warfarin and, 61–2, 94
vitamins
cancer and, 447
deficiencies, 49–50
  after bariatric surgery, 40–41
  alcoholism, 62, 63, 308–13
  children, 166
  cystic fibrosis, 404–5
  fat malabsorption, 292–3
  peptic ulcer disease, 294
  starvation, 182
  enteral feeding formulas, 471
  intake standards, 50–56
lacation, 127
macular degeneration and, 225
need for, 49–50
  inflammatory bowel disease, 300
  parenteral nutrition, 491–2
  pregnancy, 116. See also prenatal vitamins
  supplements. See also multivitamins
  cardiovascular disease risk reduction, 248
  malabsorption, 321
  Tolerable Upper Intake Levels, 54t
vomiting
cancer treatment, 454, 456, 457t
  pregnancy, 121, 122t
  self-induced, 189, 191
VSL3 (probiotic), 302
waist circumference, 8, 277t, 395
walking, 28
warfarin
dietary advice, 94
St. John’s Wort and, 91–2, 93
vitamin K and, 61–2, 94
warm weather, fluid intake for kidney stones, 425
water supplies
  fluoridation, 80
  lead in, 97
weaning of babies, 159
weight. See also dry weight
  chronic kidney disease, 432
  cystic fibrosis, 407
  enteral feeding, 475
  failure to thrive, 166
  heart failure, 256
  parenteral nutrition, 490
weight bearing exercise, 232. See also resistance training
weight gain
  breast cancer, 440, 453–4
  cancer treatment, 453–4
  children, 176
  menopause, 227–37
  neonates, 141
weight gain (cont.)
  obstructive sleep apnea, 381
  pregnancy, 113–14
  renal transplantation, 422
weight loss, 8, 10t
  cancer, 451, 455
  cachexia, 452, 453
  prevention, 457–8
chronic obstructive pulmonary disease, 209–11, 375, 376–7, 386–7
  cystic fibrosis, 404
  diabetes mellitus, 355
  insulin deficiency, 350
  older adults, 209–11, 218
  postpartum, 139, 140–41
weight reduction, 20, 26, 262, 360
  after pregnancy, 127
  before bariatric surgery, 39–40
  bariatric surgery on, 37
  caloric intake, 262
  diabetes prevention, 335, 336
  diabetes treatment, 339
  gallstones, 306
  hypertension, 271
  on hypertriglyceridemia, 249
  on lipid profiles, 249
  low-glycemic index diet, 361
  medications for, 30
  metabolic syndrome, 248
  non-alcoholic fatty liver disease, 305
  obstructive sleep apnea, 381
  polycystic ovary syndrome, 368
  safe rates, 28–9
  thiamin deficiency, 63
  weight-for-height, children, 147
  weight-for-length, children, 147
  Wernicke’s encephalopathy, 41, 185
  wet beriberi, 63
  whey, breast milk, 126
  whole grains
    cancer and, 441, 464
    diabetes mellitus, 341
  WIC program, 16
  Wilson’s disease, 77
  wines, cancer and, 448
women
  calcium requirements, 117
  folate requirements, 52t, 117
  iron deficiency, 83–8
work of breathing
  chronic obstructive pulmonary disease, 377
  cystic fibrosis, 380
World Health Organization
  growth charts, 147
  nutritional status classification, 150t

Xenical. See orlistat
xerophthalmia, 57, 167, 318
xerostomia, cancer management, 457t
tyohimbine, interactions with drugs, 92t
zeaxanthin, 225, 226
Zenpep, 406
zinc, 75–6
  deficiency, 75–6
    after bariatric surgery, 41
    malabsorption, 320
  DRI, 53t, 491t
  food sources, 202, 320
  older adults, 202
  supplements, 76, 202
  Tolerable Upper Intake Levels, 55t, 76, 202
toxicity, 76