

# Index

## A

- Acrodermatitis enteropathica, 684
- Acute renal failure
  - Description of, 386, 387
  - Dietary management, 387–89
  - Protein-energy malnutrition, 387, 392
  - Protein role, 392
- Adipose cell metabolism, 292–94
- Aging population
  - Alzheimer's disease, 496, 500, 613–14
  - Caloric intake, 603–4
  - Dental diseases, 348–50
  - Dietary guidance, 614–15
  - Drug-nutrient interactions, 611, 673
  - Economic and social changes, 601
  - Energy and nutrient status, 603–10
  - Historical perspective, 596–97
  - Infections and immunity and, 440–41, 455, 612–13
  - Life expectancy factors, 595
  - Mental function and, 613
  - Minerals and, 605–8
  - Morbidity and mortality, 611–12
  - Nutritional status, 599–601
  - Nutritional status assessment, 601–11
  - Nutrition programs and services, 598, 615–16
  - Physiological changes, 600
  - Policy implications, 598–99, 614
  - Protein and, 605
  - Psychologic changes, 600–601
  - Public health significance, 597–98
  - Research and surveillance, 616–17
  - Vitamins and, 608–12
- Agricultural Act of 1933, 35, 542
- Agricultural and Consumer Protection Act of 1973, 33
- Agricultural support policies, 33
- AIDS (acquired immunodeficiency syndrome), 445–47, 455
- Alcohol
  - Abuse, 635
  - Caloric intake and, 639–41, 649–51
  - Cancer and, 214, 216–17
  - Carbohydrates and, 641–43
  - Cardiovascular diseases and, 656–59
  - Consumption, 632–34
  - Coronary heart disease and, 110, 123, 659
  - Diabetes and, 261
  - Dietary guidance, 660–61
  - Drug interactions, 636–37, 643, 682–83
  - Fats and, 641, 658
  - Fetus and, 559–60, 659–60
  - Gastrointestinal diseases and, 420
  - High blood pressure and, 153, 155
  - Historical perspective, 629–32
  - Minerals and, 647–49
  - Neurologic disorders and, 498, 501
  - Nutritional deficiencies and, 638–39
  - Nutritional status and, 649–51
  - Nutrition programs and services, 661–62
  - Physiology of use, 635–37
  - Policy implications, 660–62
  - Protein and, 638, 643, 646
  - Public health significance, 632–33
  - Recommendations and reports, 630–32
  - Recommendations for, 14
  - Reproductive disorders and, 659–60
  - Research and surveillance, 662
  - Scientific background, 633
  - Vitamins and, 638, 643–47, 654–56
- Alcoholic cirrhosis, 418, 420, 638, 651–52
- Alcoholic hepatitis, 653
- Allergies, 429, 430, 439, 447, 450–52, 455, 456
- Alternative sweeteners, 261–62, 363, 499, 500, 526, 527
- Aluminum, 331, 500, 613, 676
- Alzheimer's disease, 496, 500, 613–14
- Amino acids, 58, 163, 392, 436, 443, 523–24, 529, 653
- Anemia
  - Alcohol use and, 645, 647
  - Causes, 469–70
  - Definition, 465
  - Dietary guidance, 483
  - Folate and, 482, 483
  - Historical perspective, 465–66
  - Iron role, 466–68, 470–81
  - Nutrition programs and services, 483–84
  - Policy implications, 483–84
  - Public health significance, 466–69
  - Research and surveillance, 484
  - Scientific background, 469–73
  - Vitamin B<sub>12</sub>, 470, 482, 684
- Anorexia nervosa, 510–11, 519–22
- Antabuse, 682
- Antacids, 676
- Antibacterial drugs, 678, 680
- Antibiotics, 677, 680, 683
- Anticoagulants, 678
- Anticonvulsants, 677–78
- Antihypertensive drugs, 679

Antimalarial drugs, 678  
 Antisocial behavior, 528–29  
 Antitubercular drugs, 678–79  
 Apoproteins, 89  
 Appendicitis, 418  
 Appetite mechanisms, 675–76  
 Arachidonic acid, 57–58, 393, 444  
 Artificial sweeteners. *See* Alternative sweeteners  
 Ascorbic acid. *See* Vitamin C  
 Aspartame, 261, 499, 500, 526, 527  
 Aspirin, 681, 682  
 Asthma, 439, 451  
 Atherogenesis, 87–88, 91  
 Atherosclerosis, 83, 84, 91, 99, 100, 104–6. *See also* Coronary heart disease

**B**  
 Barbiturates, 678  
 Behavior  
 Anorexia nervosa, 510–11, 519–22  
 Antisocial, 528–29  
 Bulimia, 510, 511, 522–23  
 Childhood hyperactivity, 525–27  
 Dietary guidance, 529  
 Eating behavior determinants, 512–14  
 Food and nutrients and, 523–25  
 Historic significance, 509–10  
 Hypoglycemia and, 528  
 Methodological issues, 511–12  
 Nutrition programs and services, 529–30  
 Obesity, 514–19  
 Pica, 511, 523, 555–56  
 Policy implications, 529–30  
 Public health significance, 510–11  
 Research and surveillance, 530  
 Scientific background, 511–12  
 Benzodiazepines, 682  
 Beta blockers, 679  
 Beta-carotene, 60, 209–10, 213  
 Body mass index, 280–81  
 Body weight. *See also* Obesity  
 Alcohol use and, 639–41  
 Cancer and, 199, 202–3  
 Diabetes and, 255–57, 262, 266, 267  
 Energy balance and, 54  
 Pregnancy and, 552–53  
 Recommendations for, 11–12  
 Reference standards, 279–81  
 Bone physiology, 314–15  
 Breast cancer, 194, 195, 199, 216  
 Breastfeeding, 441, 454, 472, 479, 563, 577  
 Bulimia, 510, 511, 522–23

**C**  
 Caffeine  
 Behavioral effects, 524–25, 527, 529  
 Fetus and, 560–61  
 High blood pressure and, 163–64  
 Neurologic disorders and, 501  
 Calcitriol, 61  
 Calcitriol, 318–23, 327  
 Calcium  
 Absorption, 316–17, 319  
 Aging population and, 319–20, 605–6  
 Alcohol use and, 648  
 Coronary heart disease and, 113–14  
 Dental diseases and, 362–64, 366  
 Dietary guidance, 333–34  
 Drug interactions, 676, 679, 680  
 High blood pressure and, 157–59  
 Infant and child health, 563, 568, 572  
 Intake estimates, 70  
 Kidney diseases and, 388  
 Peak bone mass and, 317–20  
 Recommendations for, 16  
 Retention, 317  
 Skeletal diseases and, 315–21  
 Toxicity, 321  
 Caloric intake  
 Aging population, 603–4  
 Alcohol and, 639–41, 649–51  
 Cancer and, 199, 202–3  
 Diabetes and, 256, 262, 263, 266, 267  
 Estimates, 68  
 Kidney diseases and, 388  
 Maternal and child health, 553, 557–58, 561–62, 570, 572  
 Skeletal diseases and, 328–29  
 Cancer  
 Alcohol and, 214, 216–17  
 Body weight and, 199, 202–3  
 Caloric intake, 199, 202–3  
 Carcinogenesis, 182–84, 213  
 Definition, 177  
 Dietary guidance, 190, 192, 224–26  
 Fats and, 194–95, 197–98  
 Fiber and, 203–4, 206–8  
 Food and color additives, 224  
 Gastrointestinal tract, 414–15, 420  
 Historical perspective, 177–78  
 Lifestyle factors, 179, 181–82  
 Methodological issues, 185–90  
 Nutritional support, 184–85  
 Nutrition programs and services, 226  
 Oral, 366–67  
 Policy implications, 224–27  
 Protein and, 220, 222  
 Public health significance, 178–79, 405  
 Research and surveillance, 227

- Salt-pickled, salt-cured, and smoked foods and, 222–23
- Scientific background, 179
- Selenium and, 219–20
- Vitamin A and, 209–10, 213–14, 366
- Vitamin C and, 217–18
- Vitamin E and, 218–19, 367
- Carbohydrates. *See also* Fiber
  - Alcohol use and, 641–43
  - Behavioral effects, 524, 528
  - Cancer and, 226
  - Coronary heart disease and, 110–11
  - Definition, 54–56
  - Diabetes and, 257–58
  - Drug interactions, 676, 681
  - High blood pressure and, 161
  - Infant and child health and, 562, 564, 568
  - Infections and immunity and, 438
  - Recommendations for, 12–13
- Carcinogenesis, 182–84, 213
- Cardiomyopathy, 656–57
- Cardiovascular diseases, 656–59
- Carnitine, 684
- Carotenes, 60, 61
- Carotenoids, 209–10, 213
- Celiac disease, 415
- Cellular immunity, 433, 437, 438, 440
- Cereal product availability, 68
- Cerebrovascular disease, 492, 497–98
- CHD. *See* Coronary heart disease
- Chemotherapeutic agents, 678
- Child Care Food Program, 543
- Child nutrition
  - Adolescents, 551, 555, 571
  - Anemia, 467–68, 472, 474–75, 478–80, 482
  - Cholesterol guidelines, 95
  - Coronary heart disease, 573–74
  - Dental diseases, 348, 349, 358, 361, 369
  - Dietary guidance, 577–78
  - Eating patterns, 571, 572
  - Energy and nutrient requirements, 570–72
  - Goals and recommendations, 544–46
  - Growth and development factors, 550–51
  - Historical perspective, 539–40, 542–46
  - Hyperactive behavior, 525–27
  - Infants, 561–64, 566–70, 685
  - Infections and immune diseases, 430, 440–41, 450, 451, 454
  - Mental function, 575–76
  - Metabolic disorders and, 576
  - Nutrition programs and services, 578–79
  - Obesity, 287, 300–301, 574–75
  - Policy implications, 577–80
  - Public health significance, 546–49
  - Research and surveillance, 579–80
  - Scientific background, 550–51
  - Skeletal diseases and, 32, 328
- Child Nutrition Act of 1966, 35, 542
- Children’s Bureau, 34, 36, 42, 542
- Chloride, 159–60
- Chlorpropamide, 643, 682
- Cholecalciferol, 61
- Cholestasis, 570
- Cholesterol
  - Alcohol use and, 110, 658–59
  - Animal studies, 104–6
  - Cancer and, 195
  - Carbohydrates and, 110, 111
  - Child health, 564, 573, 574
  - Clinical studies, 96–99, 115–20
  - Coffee and, 112
  - Coronary heart disease, 86–87, 92, 102–6, 116–20
  - Definition, 58
  - Dietary guidance, 92–95
  - Dietary intervention effects, 115
  - Drug interactions, 679
  - Epidemiologic studies, 99–104
  - Fish oil effects, 108–9
  - Gallbladder disease and, 418–19
  - Intake estimates, 68, 92
  - Lipoprotein metabolism and, 88–91
  - Protein and, 111–12
  - Recommendations, 9–11
  - Vitamins and minerals and, 113–15
- Cholestyramine, 676
- Choline, 496
- Chronic renal failure
  - Description of, 384–86
  - Dietary management, 387–89
  - Protein and, 389–91
  - Protein-energy malnutrition, 386–87
- Chylomicrons, 88, 99, 292
- Cigarette smoking, 83, 89, 91, 329, 333
- Cirrhosis, 418, 420, 638, 651–52
- Cocoa availability, 68
- Coffee. *See also* Caffeine
  - Availability, 68
  - Coronary heart disease and, 112
- Cognitive function. *See* Mental function
- Colchicine, 677
- Colestipol, 676
- Colon, 412
- Colon cancer, 194, 195, 199, 203–4, 206–8, 216, 405
- Color additives, 224, 525
- Color Additives Amendment, 33

- Committee on Food and Nutrition, 48
  - Commodity Supplemental Food Program, 543
  - Community health centers, 544
  - Complex carbohydrates. *See* Polysaccharides
  - Congregate Meals, 598
  - Constipation, 415
  - Continuing Survey of Food Intakes by Individuals (CSFII), 68
  - Contraceptives, 677
  - Copper
    - Bone metabolism role, 332
    - Coronary heart disease and, 114
    - Drug interactions, 676
    - Infections and immunity and, 445
    - Intake estimates, 70
    - Iron intake and, 481
  - Coronary heart disease (CHD)
    - Alcohol use and, 110, 659
    - Atherogenesis, 87–88, 91
    - Carbohydrates and, 110–11
    - Causes, 83–84
    - Children, 573–74
    - Cholesterol and, 86–87, 92, 102–6, 116–20
    - Coffee and, 112
    - Definition, 83
    - Dietary factors in, 109–15
    - Dietary guidance, 91–95, 120–23
    - Dietary intervention effectiveness, 115–20
    - Fat and, 90, 95–109, 116–18
    - Historical perspective, 84–85
    - Lipoprotein metabolism, 88–91, 99
    - Minerals and, 112–15
    - Nutrition programs and services, 123
    - Obesity and, 89, 91, 93, 95, 109–10, 121–22
    - Policy implications, 120–24
    - Protein and, 111–12
    - Public health significance, 85–86
    - Research and surveillance, 123–24
    - Scientific background, 87–95
    - Thrombosis, 106–9
    - Vitamins and, 112–13, 117
  - Counseling
    - Alcohol use and, 661, 662
    - Cancer, 226
    - Coronary heart disease, 123
    - Dental diseases, 369, 370
    - Diabetes, 265–66
    - Diet change, 514
    - Drug-nutrient interaction related, 686
    - Eating disorders, 530
    - Gastrointestinal diseases, 420, 421
    - High blood pressure, 165–66
    - Kidney diseases, 389, 394
    - Maternal and child nutrition, 577–79
    - Neurologic disorders, 502
    - Skeletal disease related, 334
  - Cow milk, 566–67
  - Crohn's disease, 416
  - CSFII. *See* Continuing Survey of Food Intakes by Individuals
  - Cyclamate, 261. *See also* Alternative sweeteners
  - Cycloserine, 678
- D**
- Dairy product availability, 64
  - Death rate
    - Alcohol-related problems, 632, 633, 644, 652
    - Cancer, 178, 181
    - Coronary heart disease, 85, 101
    - Diabetes, 254
    - Gastrointestinal diseases, 40, 406
    - Infants, 547
    - Kidney diseases, 386
    - Obesity, 287
  - Delaney Clause, 33
  - Dementia, 655–56
  - Dental diseases
    - Alternative sweeteners and, 363
    - Dietary guidance, 359, 368–69
    - Fat and, 361
    - Fluoride and, 346–47, 349, 358–60, 368–69
    - Historical perspective, 345–47
    - Minerals and, 346–47, 349, 358–60, 362–64, 366, 368–69
    - Nutrition programs and services, 369–70
    - Oral cancer, 366–67
    - Periodontal disease, 347, 349–50, 355–56, 363–65
    - Policy implications, 368–70
    - Prevention, 355, 358, 368–69
    - Protein and, 360–61, 365
    - Public health significance, 347–50
    - Research and surveillance, 370
    - Residual ridge resorption, 365–66
    - Scientific background, 350, 352–56
    - Sugar and, 346, 356–58, 368, 369
    - Tooth decay, 345–50, 354–55, 356–63, 368
    - Tooth development, 350, 352–54
    - Tooth loss, 350, 367–68
    - Vitamins and, 361–62, 364–65
  - Department of Health and Human Services (DHHS), 37, 42, 544

- Department of Health, Education, and Welfare (DHEW), 37. *See also* Department of Health and Human Services
- Depression, 517–19, 522, 600–601
- Developmental disorders, 575–76
- DHEW. *See* Department of Health, Education, and Welfare
- DHHS. *See* Department of Health and Human Services
- Diabetes
- Alcohol use and, 261, 642–43
  - Alternative sweeteners, 261–62
  - Caloric intake, 256, 262, 263, 266, 267
  - Carbohydrates and, 257–58
  - Coronary heart disease and, 89
  - Definition, 249–50
  - Dietary guidance, 263, 266–67
  - Dietary therapy role, 262–66
  - Fat and, 258–59, 266
  - Fiber and, 259–61
  - Historical perspective, 250–53
  - Nutrition programs and services, 267–68
  - Obesity and, 255–57, 262, 266, 267
  - Policy implications, 266–68
  - Pregnancy and, 556–57
  - Protein and, 259
  - Public health significance, 253–54
  - Research and surveillance, 268
- Dietary adequacy, 45–46
- Dietary fiber. *See* Fiber
- Dietary guidance, 42, 45–46
- Aging population, 614–15
  - Alcohol use, 660–61
  - Anemia, 483
  - Behavior related, 529
  - Cancer, 190, 192, 224–26
  - Coronary heart disease, 91–95, 120–23
  - Dental diseases, 359, 368–69
  - Diabetes, 263, 266–67
  - Drug-nutrient interactions, 685
  - Gastrointestinal diseases, 419–20
  - High blood pressure and, 141–42, 164–65
  - Infections and immunity, 454–55
  - Kidney diseases, 394
  - Maternal and child nutrition, 577–78
  - Neurologic disorders, 501–2
  - Nutrition fraud, 707
  - Obesity, 299–301
  - Skeletal diseases and, 333–34
- Dietary intake estimates, 68, 70
- Diet-induced thermogenesis, 295
- Diet therapy. *See also* Nutritional support
- Chronic renal failure, 387–89
  - Coronary heart disease, 122
  - Diabetes, 262–66
- Digestive system, 406, 410–12, 676–77
- Digitalis, 680
- Dilantin, 500
- Disaccharides, 55
- Disulfiram, 682
- Diuretics, 678, 679
- Diverticular disease, 415–16
- Docosahexaenoic acid, 58
- L-dopa, 501, 678
- Drug-nutrient interactions
- Aging population and, 611, 673
  - Alcohol related, 636–37, 643, 682–83
  - Dietary guidance, 685
  - Drug metabolism, 679–81
  - Drugs in animal feeds, 683
  - Historical perspective, 671–72
  - Methodological issues, 673–74
  - Monoamine oxidase inhibitors, 681–82
  - Neurologic disorders and, 500–501
  - Nutritional status and, 675–79
  - Nutrition programs and services, 685–86
  - Policy implications, 685–87
  - Public health significance, 672–73
  - Research and surveillance, 686–87
  - Scientific background, 673–74
  - Therapeutic nutrient doses, 683
- Dysrhythmias, 657
- E
- Eating disorders. *See also* Obesity
- Anorexia nervosa, 510–11, 519–22
  - Bulimia, 510, 511, 522–23
  - Counseling, 530
  - Pica, 511, 523, 555–56
  - Pregnancy and, 555–56
  - Public health significance, 510–11
- Egg availability, 64
- Eicosanoids, 393
- Eicosapentaenoic acid, 58, 439
- Electrolyte metabolism, 445
- End-stage renal disease (ESRD), 382, 385
- Energy, 54. *See also* Caloric intake
- Environmental Protection Agency, 34
- Epilepsy, 492, 498–500, 502
- ESRD. *See* End-stage renal disease
- Estrogen, 320, 328, 329, 334
- Exchange lists, 264–65
- Exercise
- Obesity and, 296–97, 300
  - Skeletal diseases and, 332–33

**F**

- Fair Packaging and Labeling Act of 1966, 34
- Familial hypercholesterolemia, 90
- Fats
  - Alcohol use and, 641, 658
  - Cancer and, 194–95, 197–98, 226
  - Child health, 564
  - Cholesterol and, 96–106, 108–9, 115–17
  - Coronary heart disease and, 90–109, 116, 117
  - Dental diseases and, 361
  - Diabetes and, 258–59, 266
  - Dietary guidance, 93–95
  - Drug interactions, 676, 677, 680
  - Gastrointestinal diseases and, 420
  - High blood pressure and, 162–63
  - Infant and child health, 562, 564, 573
  - Infections and immunity and, 438–39, 444
  - Intake estimates, 68, 92, 100
  - Kidney diseases and, 393, 394
  - Recommendations, 9–11
- Fats and oils availability, 64
- Fat-soluble vitamins
  - Alcohol and, 646–47
  - Definition, 60–61
  - Drug interactions, 676
  - Therapeutic doses, 684
- Fatty acids
  - Cancer and, 198
  - Cholesterol and, 96
  - Definition, 56–58
  - High blood pressure and, 162
  - Infant and child health, 562, 564
  - Infections and immunity and, 438–39, 444
  - Intake estimates, 68
  - Thrombotic effects, 106–9
- Fatty liver, 653
- FDA. *See* Food and Drug Administration
- Federal Emergency Relief Administration, 35
- Federal Maternity and Infancy Act, 35
- Federal Meat Inspection Act, 33
- Federal Trade Commission, 34, 701
- Federal Trade Commission Act of 1914, 698, 701
- Fetal alcohol syndrome, 559, 660
- Fetal health, 557–61, 659–60, 684
- Fiber
  - Cancer and, 203–4, 206–8
  - Coronary heart disease and, 111
  - Definition, 55–56
  - Diabetes and, 259–61
  - Drug interactions, 680, 681
  - Gastrointestinal diseases and, 414, 416–20
  - High blood pressure and, 161
  - Intake estimates, 70
  - Recommendations for, 12–13
- Fish availability, 64
- Fish oils, 107–9, 163, 198
- Flour availability, 68
- Fluoride
  - Dental diseases and, 346–47, 349, 358–60, 368–69
  - Infant health and, 563
  - Recommendations for, 15
  - Skeletal diseases and, 330–31
- Folate
  - Alcohol and, 644–45
  - Anemia and, 482, 483
  - Dental diseases, 365
  - Drug interactions, 677
  - Maternal and child health, 554, 564, 569, 572
- Folic acid, 678
- Food additives, 224, 500, 525, 529
- Food Additives Amendment, 33
- Food allergies, 429, 430, 439, 447, 450–52, 455, 456
- Food and Agriculture Act of 1977, 33, 37
- Food and Drug Administration (FDA), 34, 42, 141–42, 695, 699–700, 708
- Food and Nutrition Board, 48
- Food assistance, 34–35, 543–44
- Food-associated diseases, 415, 417, 428–30, 447–54, 499–500
- Food availability data, 63–64, 68
- Food consumption surveys, 68, 70
- Food Distribution Program, 35
- Food, Drug, and Cosmetic Act, 33, 38, 698–700
- Food faddism, 696, 697
- Food intake monitoring, 36–37
- Food labeling, 34
  - Alcohol and, 661
  - Anemia and, 484
  - Behavior and, 529
  - Cancer and, 226
  - Coronary heart disease and, 123
  - Dental diseases and, 369
  - Diabetes and, 267
  - Drug-nutrient interactions and, 685–86
  - Gastrointestinal diseases and, 420
  - High blood pressure and, 140–42, 165
  - Infections and immunity and, 455
  - Kidney diseases and, 394
  - Neurologic disorders and, 502
  - Nutrition fraud and, 708
  - Obesity and, 301

- Recommendations for, 18  
Skeletal diseases and, 334
- Food products. *See also* Nutrition fraud  
Aging related, 616  
Behavior disorders and, 530  
Drug-nutrient interaction related, 686  
Gastrointestinal diseases and, 421  
Infections and immunity and, 455  
Maternal and child nutrition and, 578–79  
Neurologic disorders and, 502  
Nutrition fraud and, 708  
Obesity and, 301  
Recommendations for, 19  
Skeletal diseases and, 335
- Food quackery, 696
- Food safety and regulation, 33–34. *See also* Nutrition fraud
- Food services. *See* Nutrition services
- Food Stamp Act of 1965, 35
- Food Stamp Program, 35, 543, 598
- Fortification, 34, 335, 479–81
- Fructose, 54, 55, 111, 258, 356
- Fruit availability, 64
- Furosemide, 679
- G**
- Galactose, 54, 55
- Gallbladder disease, 417–18, 420
- Gastrointestinal disease  
Bone loss and, 322  
Cirrhosis, 418, 638, 651–52  
Dietary guidance, 419–20  
Digestive system, 406, 410–12  
Fiber and, 414, 416–20  
Food-related, 415, 417, 451–54  
Gallbladder disease, 417–18, 420  
Gastrointestinal function and, 412–14  
Gastrointestinal system, 403  
Historical perspective, 403–4  
Intestinal disorders, 414–17  
Malnutrition, 413  
Nutrition programs and services, 420–21  
Policy implications, 419–21  
Public health significance, 404  
Research and surveillance, 421  
Scientific background, 406, 410–12
- Gingivitis, 355
- Glucose, 54, 55, 161, 356, 557–58, 676
- Glucose tolerance, 642, 679
- Gluten-induced enteropathy, 415
- Glycemic indexes, 257
- Glycogen, 55
- Goat milk, 567
- H**
- Hatch Act, 33
- HDL. *See* High density lipoproteins
- Headaches, 492, 498, 502
- Head Start, 544
- Height and weight tables, 279–80
- Heme iron, 472–73
- Hemochromatosis, 481
- Hepatitis, 653
- High blood pressure  
Alcohol use and, 153, 155, 657  
Blood pressure regulation, 144  
Caffeine and, 163–64  
Carbohydrates and, 161  
Dietary guidance, 141–42, 164–65  
Fat and, 162–63  
Fiber and, 161  
Historical perspective, 140–42  
Minerals and, 155–61  
Nutrition programs and services, 165–66  
Obesity and, 140, 142, 146, 148  
Overview, 139–40  
Policy implications, 164–66  
Pregnancy and, 556  
Protein and, 163  
Public health significance, 142–44  
Research and surveillance, 166  
Scientific background, 144–46  
Sodium and, 140–42, 148, 150–53  
Stroke and, 497
- High density lipoproteins (HDL), 88–89, 91, 110, 658–59, 679
- Home-Delivered Meals, 598
- Homocystinuria, 684
- Human milk, 564, 566, 569. *See also*  
Breastfeeding
- Humoral immunity, 433–34, 437
- Hydralazine, 500, 678, 680
- Hyperactive behavior, 525–27
- Hypercholesterolemia, 86–87, 90, 106, 110
- Hyperlipidemia, 658, 679
- Hypermetabolism, 442–43
- Hyperplastic obesity, 285–86
- Hypertriglyceridemia, 658
- Hypertrophic obesity, 285–86
- Hypoglycemia, 528, 642, 643
- I**
- ICHNR. *See* Interagency Committee on Human Nutrition Research
- Imitation milk, 566
- Incidence. *See* Prevalence and incidence
- Infant feeding, 563–68, 684
- Infant Formula Act of 1980, 562

- Infant formulas, 566, 569, 684
- Infections and immunity
  - Age-related factors, 440–41, 612–13
  - Carbohydrates and, 438
  - Dietary guidance, 454–55
  - Fats and, 438–39, 444
  - Food allergies, 429, 430, 439, 447, 450–52, 455, 456
  - Food associated, 428–30, 447–54
  - Historical perspective, 427–29
  - Immune mechanisms, 433–34, 437
  - Iron and, 478–79, 481
  - Malnutrition and, 427–29, 431, 435–37, 446–47
  - Methodological issues, 434
  - Minerals, 439–40, 445
  - Nonspecific defenses, 432–33
  - Nutritional status effects, 441–47
  - Nutrition programs and services, 455–56
  - Policy implications, 454–57
  - Protein and, 438, 443–44
  - Public health significance, 429
  - Research and surveillance, 456–57
  - Scientific background, 431–34
  - Vitamins, 439, 440, 444
- Inflammatory bowel disease, 416, 420
- Insoluble fiber, 55, 56, 418
- Interagency Committee on Human Nutrition Research (ICHNR), 42
- Intestinal disorders, 414–17
- Iodine, 494
- Iron
  - Absorption, 471–73, 480
  - Adverse effects, 481
  - Age-related factors, 474–76, 606–8
  - Alcohol use and, 647
  - Anemia and, 466–68, 470
  - Causes of deficiency, 474
  - Consequences of deficiency, 477–79
  - Infant and child health, 563, 568, 572
  - Infections and immunity and, 440, 445
  - Intake estimates, 70
  - Predisposing factors of deficiency, 473
  - Pregnancy and, 554
  - Prevention of, 479–81
  - Recommendations for, 16–17
  - Role of, 470–71
  - Stages of deficiency, 474
- Irritable bowel syndrome, 417, 420
- Isoniazid, 678, 680
- K**
- Kidney diseases
  - Acute renal disease, 386–89, 392
  - Caloric intake and, 388
  - Chronic renal disease, 384–91
  - Dietary guidance, 394
  - Fats, 393, 394
  - Historical perspectives, 381–82
  - Kidney function, 383
  - Minerals and, 388–89, 392, 394
  - Nutrition programs and services, 394
  - Phosphate and, 392
  - Policy implications, 394–96
  - Protein and, 381, 386–92, 394
  - Public health significance, 382, 386
  - Research and surveillance, 395–96
  - Scientific background, 383–89
  - Skeletal diseases and, 324, 331
  - Stones, 383–84, 394
  - Vitamins and, 389
- L**
- Lactose, 55
- Lactose intolerance, 417, 420
- Laxatives, 676
- LDL. *See* Low density lipoproteins
- Lead poisoning, 479
- Life expectancy, 595
- Linoleic acid, 57–58, 107, 162, 198, 562, 564, 568
- Linolenic acid, 57
- Lipids, 56–58. *See also* Fats
- Lipoprotein lipase, 293
- Lipoprotein metabolism, 88–91, 99, 108
- Liver disease, 420, 647, 651–53
- Low birth weight, 547–49, 555, 568–70, 575, 578
- Low density lipoproteins (LDL), 87, 89–92, 94, 98–99, 112, 679
- Lower body obesity, 286
- Lung cancer, 181, 210, 213, 218
- M**
- Macrocytic megaloblastic anemia, 645
- Macrocytosis, 645
- Macrominerals, 62
- Magnesium
  - Alcohol use and, 648
  - Coronary heart disease and, 114
  - Drug interactions, 676
  - Epilepsy and, 498–99
  - High blood pressure and, 160
  - Kidney diseases and, 388
  - Skeletal diseases and, 331
- Mail fraud, 701
- Mail Order Consumer Protection Amendments, 701
- Malnutrition, 21
  - Alcohol and, 638, 649, 650
  - Gastrointestinal diseases, 413



- Infectious diseases and, 427–29, 431, 435–37, 446–47
  - Maltose, 55
  - Maternal and child nutrition programs, 542–44
  - Maternal nutrition
    - Adolescents, 555
    - Alcohol use and, 559–60, 659–62
    - Caffeine and, 560–61
    - Diabetes and, 556–57
    - Dietary guidance, 577–78
    - Eating disorders and, 555–56
    - Energy and nutrient requirements, 552–55
    - Fetal requirements, 557–59
    - Fetal risks, 559–61, 659–60, 684
    - Goals and recommendations, 544–46
    - Historical perspective, 539–46
    - Nutrition programs and services, 578–79
    - Obesity and, 553
    - Policy implications, 577–80
    - Pregnancy and lactation factors, 549–50
    - Public health significance, 546–49
    - Research and surveillance, 579–80
    - Scientific background, 549–50
  - Meat availability, 64
  - Medicaid, 544
  - Menorrhagia, 475
  - Mental function
    - Aging and, 613
    - Infants and children, 575–76
  - Metabolic rate, 294
  - Metronidazole, 682
  - Milk
    - Availability, 64
    - Infant feeding, 564–67, 569
  - Minerals
    - Alcohol use and, 647–49
    - Coronary heart disease and, 112–15
    - Definition, 62–63
    - Dental diseases and, 346–47, 349, 358–60, 362–64, 366, 368–69
    - Drug interactions, 676, 677, 680
    - High blood pressure and, 155–61
    - Infections and immunity and, 439, 440, 445
    - Intake estimates, 70–71
    - Kidney diseases, 388–89, 392, 394
    - Maternal and child health, 554–55, 559, 563, 568, 570, 572
    - Neurologic disorders and, 491, 494, 498–99, 501, 502
    - Skeletal diseases and, 315–21, 325–28, 330–32
  - Monoamine oxidase (MAO) inhibitors, 500–501, 681–82
  - Monosaccharides, 54–55
  - Monounsaturated fatty acids
    - Cholesterol and, 96–98
    - Coronary heart disease and, 87
    - Definition, 57
    - High blood pressure and, 162–63
    - Intake estimates, 68
    - Thrombotic effects, 109
  - Mood disorders, 517–19, 522
  - Morrill Act, 33
  - Mortality rates. *See* Death rate
  - Mouth
    - Cancer, 366–67
    - Digestive role, 406, 410
- N**
- National Cancer Institute, 190, 192
  - National Cholesterol Education Program (NCEP), 93
  - National Health and Nutrition Examination Surveys (NHANES), 31, 37, 38
  - National High Blood Pressure Education Program (NHBPEP), 142
  - National Institutes of Health (NIH), 37, 42
  - National Nutrition Monitoring System, 37
  - National School Lunch Act, 542
  - National School Lunch Program, 35, 542
  - Nationwide Food Consumption Survey (NFCS), 36
  - NCEP. *See* National Cholesterol Education Program
  - Neurologic disorders
    - Alcohol related, 653
    - Drug-nutrient interactions, 500–501
    - Epilepsy, 492, 498–500, 502
    - Food additives and, 500, 525, 529
    - Food-borne toxins, 499–500
    - Headache, 492, 498, 502
    - Historical perspective, 491–92
    - Neurotransmitter dietary precursors, 495–96, 523–24
    - Nutrition programs and services, 502
    - Policy implications, 501–3
    - Public health significance, 492
    - Research and surveillance, 502–3
    - Scientific background, 493–96
    - Stroke, 492, 497–98, 501
    - Vitamin excess and, 499
  - Neurotransmitters, 495–96, 500, 517, 518, 523–24, 529
  - NHANES. *See* National Health and Nutrition Examination Surveys
  - NHBPEP. *See* National High Blood Pressure Education Program

- Niacin
    - Alcohol and, 644
    - Coronary heart disease and, 113, 117
    - Drug interactions, 678
    - Neurologic disorders, 493
    - Therapeutic doses, 683, 684
  - NIH. *See* National Institutes of Health
  - Nitrofurantoin, 680
  - Nonheme iron, 471–72
  - Non-nutritive sweeteners, 261, 262, 363
  - Nonspecific host defenses, 432–33
  - Nontropical sprue, 415
  - Nursing bottle caries, 358
  - Nutrition
    - Conclusion on, 2
    - Dietary patterns, 63–64, 68, 70–71
    - Findings and recommendations, 8–17
    - Health problems and, 2, 4–6
    - Policy development, 29, 33–42, 45–46
    - Recommendations for, 3
    - Report organization, 23–24
    - Requirements, 46–48, 53–63
    - Science development, 24, 27–29
    - Scientific judgment criteria, 6–8, 71–75
    - Status of, 21–22
  - Nutritional rehabilitation, 447
  - Nutritional requirements
    - Carbohydrates, 54–56
    - Energy, 54
    - Infants and children, 561–63, 570–72
    - Lipids, 56–58
    - Minerals, 62
    - Pregnancy and, 554, 555
    - Principles of, 46–47
    - Protein, 58–59
    - Recommended Dietary Allowances, 48, 53
    - Vitamins, 59–62
  - Nutritional science, 24, 27–29
  - Nutritional status
    - Aging population, 599–611
    - Alcohol use and, 649–51
    - Drug-nutrient interactions and, 675–79
    - Monitoring, 36–37
  - Nutritional support
    - AIDS, 446–47, 455
    - Alcoholic hepatitis, 653
    - Cancer, 184–85
    - Kidney diseases, 389, 392
    - Low birth weight infants, 568
  - Nutrition education, 42, 45–46
    - Diabetes, 264–66
    - Eating behavior change, 514
    - Nutrition fraud, 700, 705, 707
  - Nutrition fraud
    - Definitions, 695–96
    - Dietary guidance, 707
    - Economic consequences, 705–7
    - Federal agency roles, 699–701
    - Health consequences, 702–5
    - Historical perspective, 695–97
    - Nutrition programs and services, 708
    - Policy implications, 707–8
    - Regulation of, 697–99
    - Research and surveillance, 708
  - Nutrition Program for Older Americans, 598
  - Nutrition Program for the Elderly, 35, 598
  - Nutrition services, 35–36
    - Aging populations and, 598, 615–16
    - Alcohol use and, 661–62
    - Anemia and, 483–84
    - Behavior related, 529–30
    - Cancer related, 226
    - Coronary heart disease and, 123
    - Dental diseases and, 369–70
    - Diabetes and, 267–68
    - Drug-nutrient interaction related, 685–86
    - Gastrointestinal diseases and, 420–21
    - High blood pressure and, 165–66
    - Infections and immunity, 455–56
    - Kidney diseases and, 394
    - Maternal and child nutrition and, 578–79
    - Neurologic disorders and, 502
    - Nutrition fraud and, 708
    - Obesity and, 301
    - Recommendations for, 18–19
    - Skeletal diseases and, 334–35
  - Nutrition training, 18, 36, 578
  - Nutritive sweeteners, 261, 262
- O**
- Obesity
    - Adipose cell metabolism and, 292–94
    - Aging population and, 604, 605
    - Alcohol use and, 639, 641
    - Behavioral aspects, 514–19
    - Causes, 290–97
    - Children and, 287, 300–301, 574–75
    - Coronary heart disease and, 89, 91, 93, 95, 109–10, 121–22
    - Definition, 275, 279–81, 285–87
    - Diabetes and, 255–57, 262, 266, 267
    - Dietary guidance, 299–301
    - Exercise and, 296–97
    - Genetic causes, 290–91
    - Health effects, 287–89
    - High blood pressure and, 140, 142, 146, 148
    - Historical perspective, 275–76
    - Medications and, 297
    - Nutrition programs and services, 301

- Overeating and, 291–92
- Policy implications, 299–302
- Pregnancy and, 553
- Public health significance, 277–78
- Recommendations for, 11–12
- Reference body weight standards, 279–81
- Research and surveillance, 301–2
- Thermogenesis and, 294–96
- Treatment of, 297–99
- Types, 285–87
- Older Americans Act, 35
- Oleic acid, 57, 107, 162–63, 198
- Omega fatty acids, 57–58, 107–8, 163, 198
- Oral cancer, 366–67
- Oral contraceptives, 677
- Osteomalacia, 311, 313–14, 323–26, 331, 677, 678
- Osteoporosis, 312–13, 319, 322–23, 330–33
- P**
- Paraminosalicylic acid, 679
- Parenteral nutrition. *See* Nutritional support
- Parkinson's disease, 496
- Peak bone mass, 314, 317–20
- Penicillin, 680, 683
- Periodontal disease
  - Diet and, 363–65
  - Process of, 355–56
  - Public health significance, 347, 349–50
- Peripheral neuropathy, 655
- Pernicious anemia, 684
- Phenobarbital, 677
- Phenylketonuria, 576, 684–85
- Phenytoin, 677, 678
- Phosphate, 363, 388, 392, 394
- Phosphatidylcholine, 496
- Phospholipids, 56
- Phosphorus, 70, 325–28, 568, 648
- Pica, 511, 523, 555–56
- Policy issues
  - Aging population, 598–99, 614
  - Alcohol related, 660–662
  - Anemia, 483–84
  - Behavior related, 529–30
  - Cancer, 224–27
  - Coronary heart disease, 120–24
  - Dental diseases, 368–70
  - Diabetes, 266–68
  - Drug-nutrient interactions, 685–87
  - Gastrointestinal diseases, 419–21
  - High blood pressure, 164–66
  - Historical perspective, 29, 33–42, 45–46
  - Infections and immunity, 454–57
  - Kidney diseases, 394–96
  - Maternal and child nutrition, 577–80
  - Neurologic disorders, 501–3
  - Nutrition, 17–20
  - Nutrition fraud, 707–8
  - Obesity, 299–302
  - Skeletal diseases, 333–36
- Polysaccharides, 12, 55
- Polyunsaturated fatty acids
  - Cancer and, 198
  - Cholesterol and, 96–99, 115–17
  - Coronary heart disease and, 90, 102, 103, 116–18
  - Definition, 57
  - Dietary guidance, 93, 95
  - High blood pressure and, 162
  - Infections and immunity and, 438–39
  - Intake estimates, 68
  - Thrombotic effects, 109
- Potassium
  - Drug interactions, 676, 677, 679
  - High blood pressure and, 155–57
  - Intake estimates, 70
  - Neurologic disorders, 498
- Poultry availability, 64
- Pregnancy. *See* Maternal nutrition
- Prevalence and incidence
  - Age-related disorders, 597, 613
  - Alcohol-related problems, 632
  - Anemia, 467, 468
  - Behavioral disorders, 510–11
  - Cancer, 178–79, 181–82
  - Coronary heart disease, 86, 100–101
  - Dental diseases, 347–49
  - Diabetes, 253
  - Food allergies, 430
  - Gastrointestinal diseases, 404–6, 415
  - High blood pressure and, 142
  - Infections, 429–30, 453–54
  - Kidney diseases, 382
  - Neurologic disorders and, 492
  - Obesity, 277–78
  - Skeletal diseases, 313
- Primidone, 677
- Propranolol, 680
- Prostaglandins, 393
- Prostate cancer, 194
- Protein
  - Aging population and, 605
  - Alcohol and, 638, 643, 646
  - Behavioral effects, 523–24
  - Cancer and, 220, 222
  - Cholesterol and, 99
  - Coronary heart disease and, 111–12
  - Definition, 58–59
  - Dental diseases and, 360–61, 365
  - Diabetes and, 259
  - Drug interactions, 676, 681, 682

**Protein** (*continued*)

- High blood pressure and, 163
- Infections and immunity and, 438, 443–44
- Intake estimates, 68
- Kidney diseases and, 381, 386–92, 394
- Maternal and child health, 554, 558, 562, 564, 568, 570
- Metabolism, 443–44
- Skeletal diseases and, 329
- Public health issues
  - Aging population, 597–98
  - Alcohol use, 632–33
  - Anemia, 466–69
  - Behavior related, 510–11
  - Cancer, 178–79, 405
  - Coronary heart disease, 85–86
  - Dental diseases, 347–50
  - Diabetes, 253–54
  - Drug-nutrient interactions, 672–73
  - Gastrointestinal diseases, 404
  - High blood pressure, 142–44
  - Infections and immunity, 429
  - Kidney diseases, 382, 386
  - Maternal and child nutrition, 546–49
  - Neurologic disorders, 492
  - Obesity, 277–78
  - Skeletal diseases, 312–14
- Public Health Service, 45
- Pure Food and Drug Act of 1906, 33, 34, 698
- Pyridoxine, 499. *See also* Vitamin B<sub>6</sub>

**R**

- Recommended Dietary Allowances (RDA's), 45, 48, 49–51, 53
- Reference body weight standards, 279–81
- Reflux esophagitis, 418–19
- Relative weight, 280
- Renal diseases. *See* Kidney diseases
- Reproductive disorders, 659–60, 684
- Research and surveillance
  - Aging, 616–17
  - Alcohol use, 662
  - Anemia, 484
  - Behavior related, 530
  - Cancer, 227
  - Coronary heart disease, 123–24
  - Dental diseases, 370
  - Diabetes, 268
  - Drug-nutrient interaction related, 686–87
  - Gastrointestinal diseases, 421
  - High blood pressure, 166
  - Historical perspective, 37, 42
  - Infections and immunity, 456–57

- Kidney diseases, 395–96
- Maternal and child nutrition, 579–80
- Neurologic disorders, 502–3
- Nutrition, 19–20
- Nutrition fraud, 708
- Obesity, 301–2
- Residual ridge resorption, 365–66
- Retinol, 60, 209–10, 213, 646
- Riboflavin, 644
- Rickets, 311–14, 323, 325, 326, 677

**S**

- Saccharin, 261
- Salt-cured foods, 223
- Salt-pickled foods, 223
- Saturated fat
  - Cholesterol and, 87, 90, 96–99, 100, 102, 115
  - Coronary heart disease and, 87, 90, 92, 100, 102, 103, 117
  - Definition, 59
  - Dietary guidelines, 93–95
  - Intake estimates, 68, 92, 100–103
  - Thrombotic effects, 106, 107
- School Breakfast Program, 35, 543
- School Lunch Program, 35, 543
- Selenium, 114–15, 219–20
- Serotonin, 59, 518, 524, 526
- Set points, 294
- Simple carbohydrates, 54–55
- Sinemet, 501
- Skeletal diseases
  - Alcohol and, 330
  - Bone physiology, 314–15
  - Calcium and, 315–21
  - Calorie intake and, 328–29
  - Dietary guidance, 333–34
  - Exercise and, 332–33
  - Historical perspective, 311–12
  - Minerals and, 315–21, 325–28, 330–32
  - Nutrition programs and services, 334–35
  - Osteomalacia, 311, 313–14, 323–26, 331, 677, 678
  - Osteoporosis, 312–13, 319, 322–23, 330–33
  - Phosphorus and, 325–28
  - Policy implications, 333–36
  - Protein and, 329
  - Public health significance, 312–14
  - Research and surveillance, 335–36
  - Rickets, 311–14, 323, 325, 326, 677
  - Scientific background, 314–15
  - Vitamins and, 312, 321–25, 332–33
- Skinfold thickness measurement, 281
- Smoked foods, 222–23

- Social Security Act of 1935, 35, 542
- Sodium
- Dietary guidance, 141–42
  - Drug interactions, 676, 677
  - High blood pressure and, 140–42, 148, 150–53
  - Intake, 70, 148, 150
  - Neurologic disorders and, 501, 502
  - Recommendations for, 13
  - Skeletal diseases and, 331–32
- Soluble fiber, 55, 56, 260, 261, 418
- Special Milk Program, 35, 543
- Special populations
- Aging, 615, 616
  - Alcohol users, 661, 662
  - Anemia, 483, 484
  - Behavior related, 529, 530
  - Cancer, 226
  - Coronary heart disease, 122, 123
  - Dental disease and, 369, 370
  - Diabetes, 267, 268
  - Drug-nutrient interaction related, 685, 686
  - Gastrointestinal diseases, 420, 421
  - High blood pressure, 165
  - Infections and immunity, 440–41, 455, 456
  - Maternal and child nutrition, 577–79
  - Neurologic disorders, 501–6
  - Nutrition related, 17–18
  - Obesity, 300–301
  - Skeletal disease, 334, 335
- Special Supplemental Food Program for Women, Infants, and Children (WIC), 35, 468, 480–81, 543
- Spirolactone, 679
- Starch, 55, 110–11, 356
- Stomach
- Cancer, 181, 223
  - Digestive role, 411
- Stroke, 492, 497–98, 501
- Sucrose, 55, 111, 161, 257–58, 356, 357
- Sugars
- Availability, 68
  - Behavioral effects, 526–27
  - Coronary heart disease and, 111
  - Definition, 54–55
  - Recommendations for, 15–16
  - Tooth decay and, 346, 356–58, 368, 369
- Sulfasalazine, 678
- Summer Food Service Program, 543
- Supplements
- Aging population and, 610–12
  - Calcium, 316, 319–22, 334
  - Children and, 570–71
  - Fiber, 260
  - Fluoride, 359, 369, 563
  - Folate, 564
  - Iron, 480, 554, 555, 568
  - Market growth, 706
  - Maternal nutrition, 576
  - Phosphate, 363
  - Therapeutic doses, 684
  - Thiamin, 654, 655
  - Use of, 70–71, 703–4
  - Vitamin D, 322–24, 563, 564, 610
  - Vitamin E, 568
  - Vitamin K, 564
- Surplus Commodities Corporation, 35
- Sweetener availability, 68
- T
- Tea availability, 68
- Tetracycline, 680, 683
- Thermogenesis, 294–96
- Thiamin
- Alcohol and, 643, 654–56
  - Coronary heart disease and, 113
  - Drug interactions, 677, 681
  - Neurologic disorders and, 493
- Thiazide diuretics, 679
- Thrombosis, 106–9
- Title V Maternal and Child Health Program, 544
- Tooth decay
- Diet and, 356–63
  - Dietary guidance, 368
  - Historical perspective, 345–47
  - Process of, 354–55
  - Public health significance, 347–50
- Tooth development, 350, 352–54
- Tooth loss, 350, 367–68
- Trace elements. *See also* Fluoride; Iron; Zinc
- Cancer and, 219–20
  - Coronary heart disease and, 114–15
  - Definition, 62
  - Dental diseases and, 363
  - Drug interactions, 676
  - High blood pressure and, 161
  - Infections and immunity and, 445
  - Intake estimates, 70, 481
  - Kidney diseases and, 389
  - Neurologic disorders and, 494
  - Skeletal diseases and, 332
- Trans* fatty acids, 96
- Triglycerides, 56, 88, 91, 111, 292, 444, 564, 658, 679
- Tryptophan, 59, 496, 524
- Tumor necrosis factor, 442
- Tyramine, 682
- Tyrosine, 496, 500, 524

- U**  
 Ulcerative colitis, 416  
 Ulcers, 419, 420  
 Unsaturated fatty acids, 106. *See also*  
   Monounsaturated fatty acids;  
   Polyunsaturated fatty acids  
 Upper body obesity, 286  
 U.S. Department of Agriculture (USDA),  
   33–37, 42, 45, 63, 543, 544  
 U.S. Postal Service, 700
- V**  
 Valproic acid, 678  
 Vegetable availability, 64  
 Very low density lipoproteins (VLDL),  
   87, 91, 99, 111, 658
- Vitamin A**  
 Aging population and, 609  
 Alcohol use and, 646  
 Cancer and, 209–10, 213–14, 366  
 Definition, 60–61  
 Dental diseases and, 361–62  
 Drug interactions, 676  
 Fetus and, 558  
 Intake estimates, 70  
 Neurologic disorders and, 499  
 Skeletal diseases and, 332  
 Therapeutic doses, 683, 684
- Vitamin antagonists, 678–79**
- Vitamin B complex**  
 Aging population and, 608  
 Alcohol and, 638, 643–45, 654–56  
 Anemia and, 470, 482, 483  
 Coronary heart disease and, 113, 117  
 Definition, 61  
 Dental diseases and, 365  
 Drug interactions, 676–79  
 Intake estimates, 70  
 Maternal and child health and, 554, 564,  
   569, 572  
 Neurologic disorders and, 493–94, 499  
 Therapeutic doses, 683–84
- Vitamin B<sub>6</sub>**  
 Alcohol and, 644  
 Drug interactions, 677, 678  
 Therapeutic doses, 684
- Vitamin B<sub>12</sub>**  
 Alcohol and, 644, 645  
 Anemia and, 470, 482, 483  
 Drug interactions, 676, 679  
 Infant health and, 564  
 Neurologic disorders and, 493
- Vitamin C**  
 Aging population and, 608–9, 611–12  
 Alcohol use and, 645  
 Cancer and, 217–18
- Coronary heart disease and, 113  
 Definition, 61  
 Dental diseases and, 364–65  
 Infections and immunity and, 440  
 Intake estimates, 70  
 Iron absorption and, 480  
 Skeletal diseases and, 332  
 Supplement use, 71
- Vitamin D**  
 Aging population and, 609–10  
 Alcohol use and, 646  
 Dental diseases and, 362  
 Drug interactions, 676–78  
 Infants and, 563, 564, 568  
 Skeletal diseases and, 312, 321–25  
 Toxicity, 325
- Vitamin D<sub>3</sub>, 61**
- Vitamin E**  
 Aging population and, 610  
 Alcohol use and, 647  
 Cancer and, 218–19, 367  
 Coronary heart disease and, 113  
 Definition, 61  
 Infant and child health, 568–69  
 Intake estimates, 70  
 Neurologic disorders and, 494
- Vitamin K**  
 Alcohol use and, 647  
 Definition, 61  
 Drug interactions, 676–78  
 Infants and, 563, 564  
 Skeletal diseases and, 332
- Vitamins**  
 Alcohol and, 638, 643–47, 654–56  
 Cancer and, 209–10, 213–14, 217–19,  
   367  
 Coronary heart disease and, 112–13  
 Definition, 59–62  
 Dental diseases and, 361–62, 364–65  
 Drug interactions, 676–79, 681  
 Infections and immunity and, 439, 440,  
   444  
 Kidney diseases and, 389  
 Maternal and child health and, 554, 558,  
   563, 564, 568–72  
 Neurologic disorders and, 493–94, 499  
 Skeletal diseases and, 312, 321–25,  
   332–33  
 Supplement use, 70–71  
 Therapeutic doses, 683–84
- VLDL. *See* Very low density lipoproteins**
- W**  
 Water intake, 562  
 Water-soluble fiber, 61–62, 111, 260  
 Water-soluble vitamins, 643–45, 683–84

Wernicke-Korsakoff's syndrome, 653–55  
WIC. *See* Special Supplemental Food  
Program for Women, Infants, and  
Children

**Z**  
Zinc

Alcohol use and, 648  
Bone metabolism role, 332  
Coronary heart disease and, 114  
Drug interactions, 677  
Infections and immunity and, 439–40,  
445  
Intake estimates, 70  
Iron intake and, 481  
Maternal and child health and, 555, 572  
Therapeutic doses, 684