

Contents

<i>About the Author</i>	v
<i>Preface to the Second Edition</i>	vii
<i>Preface to the First Edition</i>	ix
<i>Acknowledgments</i>	xi
<i>Special Features of the Book</i>	xv
<i>Syllabus</i>	xvii

Section A Applied Biochemistry

CHAPTER 1	Introduction to Biochemistry and its Significance in Nursing	3
CHAPTER 2	Carbohydrates	7
CHAPTER 3	Lipids.....	51
CHAPTER 4	Proteins	87
CHAPTER 5	Clinical Enzymology	121
CHAPTER 6	Acid-Base Balance	143
CHAPTER 7	Heme Catabolism	157
CHAPTER 8	Organ Function Tests	165
CHAPTER 9	Immunochemistry	187
CHAPTER 10	Sample Collection and Normal Values.....	207

Section B Applied Nutrition and Dietetics

CHAPTER 11	Nutrition and Health	229
CHAPTER 12	Carbohydrates	243
CHAPTER 13	Energy.....	251
CHAPTER 14	Proteins	261

CHAPTER 15	Fats.....	269
CHAPTER 16	Vitamins	279
CHAPTER 17	Minerals.....	291
CHAPTER 18	Balanced Diet.....	305
CHAPTER 19	Nutrition Across Life Cycle	329
CHAPTER 20	Common Nutritional Deficiency Disorders.....	349
CHAPTER 21	Therapeutic Diets	375
CHAPTER 22	Cookery Rules and Preservation of Nutrients	387
CHAPTER 23	Nutrition Assessment and Nutrition Education	405
CHAPTER 24	Nutritional Problems in India and National Nutritional Programs	413
CHAPTER 25	Food Safety	429
<i>Index</i>		<i>437</i>