Contents

Preface to Fourth Edition ..... *v*
Preface to Third Edition ..... *vii*
Acknowledgments ..... *ix*
Syllabus ..... *xi*

Section A Nutrition

Unit I Introduction to Nutrition
Chapter 1 Nutrition and Health 5

Unit II Carbohydrates
Chapter 2 Carbohydrates 21

Unit III Fats or Lipids
Chapter 3 Lipids 33

Unit IV Proteins
Chapter 4 Amino Acids and Proteins 53

Unit V Energy
Chapter 5 Energy Requirements 67

Unit VI Vitamins
Chapter 6 Vitamins 77

Unit VII Minerals
Chapter 7 Minerals 97

Unit VIII Water and Electrolytes
Chapter 8 Water and Electrolytes Metabolism 119

Unit IX Cookery Rules and Preservation of Nutrients
Chapter 9 Principles and Methods of Cooking and Preservation of Nutrients 131
Chapter 10 Safe Food Handling 136
Chapter 11 Food Storage and Preservation 145
Chapter 12 Food Adulteration and Food Standards 152
Chapter 13 Preparation of Simple Beverages and Different Types of Foods 155

Unit X Balanced Diet
Chapter 14 Balanced Diet 161
Chapter 15 Planning Menu and Budgeting of Food 180
Chapter 16 Therapeutic Diets 183

Unit XI Role of Nurse in Nutritional Programs

Chapter 17 National Nutrition Programs....197
Chapter 18 National and International Agencies Working Toward Food and Nutrition....206
Chapter 19 Assessment of Nutritional Status....209
Chapter 20 Nutrition Education....214

Section B Biochemistry

Unit XII Cell Structure and Functions

Chapter 21 Significance of Biochemistry in Nursing....223
Chapter 22 Cell Structure and Functions....225
Chapter 23 Biological Membrane....234
Chapter 24 Membrane Transport Mechanisms....242

Unit XIII Metabolism of Carbohydrates

Chapter 25 Metabolism of Carbohydrates....255

Unit XIV Metabolism of Lipids

Chapter 26 Metabolism of Lipids....289

Unit XV Metabolism of Amino Acids and Proteins

Chapter 27 Metabolism of Amino Acids and Proteins....317

Unit XVI Clinical Enzymology

Chapter 28 Enzymes....339

Unit XVII Vitamins and Minerals

Chapter 29 Vitamins and their Biochemical Functions....361
Chapter 30 Mineral Metabolism....375

Unit XVIII Acid Base Balance

Chapter 31 Acid Base Balance....387

Unit XIX Organ Function Tests

Chapter 32 Organ Function Tests....401

Unit XX Metabolism of Hemoglobin

Chapter 33 Metabolism of Hemoglobin....421

Unit XXI Immunochemistry and Free Radicals

Chapter 34 Immunochemistry....431
Chapter 35 Free Radicals and Antioxidants....452

Index *455*