This book is organized using a functional approach, which means that the material is organized around physiological functions, such as fluid and electrolyte balance, antioxidant function, bone health, energy and metabolism, and blood health, instead of organizing it strictly by nutrient.
6: Energy Metabolism

7: Nutrition and Cancer

8: Antioxidant Nutrients

9: Nutrients and Bone Metabolism
10. Water, Electrolytes, Acid-Base Balance

11. Nutrients Involved in Hematopoietic System

12. Maternal, Infant, Childhood, and Adolescent Nutrition

13. Nutrition From Adulthood to the Elderly Years
14: Alcohol

15: Nutrition and Exercise

16: Additional Reading

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