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.
Chapter 2: Gastrointestinal Tract

Chapter 3: Carbohydrates

Chapter 4: Lipids

Chapter 5: Proteins
Chapter 6: Energy Metabolism

Chapter 7: Nutrition and Cancer

Chapter 8: Antioxidant Nutrients

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

Chapter 11: Nutrients Involved in Hematopoietic System

Chapter 12: Maternal, Infant, Childhood, and Adolescent Nutrition

Chapter 13: Nutrition From Adulthood to the Elderly Years