Index

A

Aspartic acid 72

Abdominal ("belly") fat 31, 109

Academy of Nutrition & Dietetics 11

Accutane 197

Acesulfame-K 48

Acetaldehyde 126

Acetic acid 150, 276, 278

Acetone 38, 276

Acetyl CoA 144-145

Acidophilus milk 132

Acidosis 147

Acne 197, and zinc 225

Adequate Intake (AI) 232
Adipose cells 15
Adoption studies and obesity 25
Aerobic metabolism 142, 143
Aflatoxin 285, 286
African-Americans and metabolic syndrome 109
Afterbirth 242
Agar 53, 276, 278
Aging, and vitamin E 202
    and artherosclerosis 108
Agricultural productivity 270
Agriculture beginning 258
Alanine 72
Albumin 90
Alcohol 180, absorption 121, 126
    and blood pressure 5, 110
    and breast cancer 114
    and breastfeeding 247
    and B-vitamins 169
    and calories 56
    and carbohydrate 55
    and dehydration 155
    and flushing 126
    and folate 185
    and HDL levels 112
    and nutrient absorption 213
    breakdown 126
distillation 55
during pregnancy 242
Alcohol dehydrogenase 126
Alcoholics/Alcoholism, and iron 224
    genetic tendency 59
Aldehyde dehydrogenase 126
Alexander the Great’s dinner 70

Algae 72

Algin 53

All-Bran 276

Allergies, reduced by breastfeeding 246

Almonds 182,
   and cyanide 265

Aluminum hydroxide 214

American Academy of Pediatrics’s Committee on Nutrition 248

American Cancer Society 236, 237

American Heart Association 236, 237
   and supplements 113

American Heart Association Diet 37

Ames, Bruce 280

Amines 284

Amino acids 38, 62, 69, 150, 183, 258, 264
   and DNA 81
   and energy metabolism 145
   and pellagra 138,
   chains 73
   essential 75,
   from plants 259
   in protein 72

Ammonia (NH₃) 72, 150, 259
   and amino acids 145
   for plants 264,
   toxic levels 88

Ammonium citrate 278

Ammonium phosphates for plants 260

Amylopectin 50, 51
Amylose 50, 51, 52

Anabolism 139

Anaerobic, definition 141

Anecdotal evidence 8

Anemia 177, 184
  and copper, iron, lead 220-222
  and energy 19,
  and liver 5
  during pregnancy 243
  hemolytic, and vitamin E 193
  pernicious 186

Aneurin 177

Angina pectoris 79, 106

Animal, quality/quantity of protein 75

Animal tests of food additives 279

Anatto 278

Anorexia 42, 43

Anorexia nervosa 34, 40-43
  and menstruation 221

Antibiotics 165
  and vitamin K deficiency 204

Antibodies 72

Antioxidant 177, 178, 193, 277
  and selenium 221
  and vitamin E 201

Antivitamin 179, 189

Antlers, source of calcium 209

Anus 132

Aphids, in food 261
Apollonius of Tyana 79

Appetite 33, 38
   and Ghrelin, Leptin 5
   and older people 251

Apples, and pectin 52,
   and water 157

Apricots 193,
   and pests 262

Arctic Indians 94

Arginine 72

Aristotle, theory of disease 3

Arsenic 229

Arteries 106

Arthritis 165, and iron 224

Aru Island 3

Ascorbic acid, Ascorbate (see also Vitamin C) 177, 224, 277, 278
   anti-scorbutic 178
   as antioxidant 277, 278 (see also Vitamin C)

Ash, definition 5, 136

Asians and lactase 132

Asparagine 72

Asparagus, and fiber 52
   and grain 77,
   and urine 162

Aspartame 47, 48

Aspartate 72

Aspartic acid 47

Aspirin (acetylsalicylic acid) 165, 265
   during pregnancy 242
Athabascans and vitamin A 196
Atherosclerosis 106, 108, 110, 116
Athletic performance 145, 156
Atkins diet 37
ATP 19, 20, 140, 141, 208, 259
Autoimmune disease 59, 187
Avidin 189

B

Bacon 98, 283
Bacteria 164,
    and diarrhea 133
    and food borne illness 280
    and tooth decay 61
    and vitamin K 193, 203
Bagels 37
Bagoong 209
Bakalai, idea about food 3
Baked beans and bread 76
Baking soda 278
Baldness 181
Bananas 51, 96, 269
Bariatric surgery 130
Barley 76, 270,
    for beer 55
Basal metabolic rate (BMR) 14, 28
Basal metabolism 22, 29
Base pairing, bases, in DNA 83, 84
Beans and fiber 53, 111
   source of molybdenum 221

Bears, polar, source of vitamin D 200

Beaumont, William 121

Beef grades 293

Beer 70, 272,
   alcohol content 55
   and chromium 221, 229
   and malt 49,
   and scurvy 176
   and water 155

Beet greens 77

Beeturia 162

Behavior modification/weight loss 39

Belly fat 109

Benzoic acid, Benzoyl peroxide 278

Beriberi 5, 136, 138, 164, 169, 179, 190

Berries 177

Beta-carotene 171, 173, 220, 276

Beyer, Peter 267

BHA (butylated hydroxyanisole) 277, 278

BHT (butylated hydroxytoluene) 277, 278

BIA (bioelectric impedance analysis) 31

Bicarbonate 128

Bieler, Henry 7, 8

Big Gulp 48

Big Mac calories 97
Bile 64, 128
  and pectin 52,
  composition 129

Bile acids 103, 111, 129, 130
  and HDL 107

Bile duct 128, 134

Bill & Melinda Gates Foundation 270

Biodiversity 269

Biotechnology 5, 257, 267, 268
  and insulin 59,
  and pests 262 and rice-tofu 77,
  in agriculture 263
  using bacteria 87

Biotin 11, 177, 189, 190
  recommended intake 301-302

Birds, energy for migration 97

Birth-control pills 114

Birth defects and vitamin A 193

Birth weight and survival 244

Bisphosphonates 214

Bladder 161

Blanch 274

Blanching, vegetables 74

Bleeding, and vitamin E 193

Blindness, night and vitamin A 192

Blind staggers and selenium 227

Blood, and glucose 58
  calcium for clotting 208
  clotting 108, 193, 203
pressure 210
white cells and vitamin A 195

Blood-cholesterol 107, 108

Blood plasma 215

Blood pressure 108, 109, 115
and salt 216,
and weight loss 38

Blood vessels and diabetes 59

Blood volume and water 154

Blueberries 298

BMR (basal metabolic rate) 14, 28, 29

Body heat 14, 20, 221

Body Mass Index (BMI) 30

Body type 22

Body weight regulation 26

Body Weight Planner 28

Bomb calorimeter 17

Bone marrow and vitamin B12 188

Bones 208

Boron 229

Boston Marathon and water use 157

Bottled water 160

Bottle mouth and tooth decay 62

Botulinum, Botulism 281, 283-285

Bourbon 272

Bowel movement 132
Brain, and ATP 146,
   and oxygen 106
   and stroke 106,
   energy needs 14
   formation 243
Bran and cellulose 52
Brazil 272,
   and ethanol production 56
BRCA-1 and 2 and breast cancer 114
Breast cancer 113-114
Breastfeeding 114
   and fat 16,
   and immunities 246
   importance 90, 247
   weight loss advantage 245
Breast milk 77, 214,
   and iron 223
   and vitamin D 200
Breast pump 247
Brewer's yeast & chromium 221, 229
Brine 216
Broccoli 77, 171, 173, 177, 210, 236
Browning of sliced apples 277
Brown rice 54,
   and beriberi 136
Brussels sprouts 77, 177
Buchanan, Bob 270
Bulimarexia 40
Bulimia 40, 41, 251
Bureau of Alcohol, Tobacco, and Firearms, and labeling 295
Burp 127

Buru Island 3

Bush, George HW 155

Butanol 276

Butter 95

Butylated hydroxytoluene 276

B-vitamins 165,
  additive 275
  and coenzymes 139,
  eight types 139

C

Cabbage 52,171, 204, 285

Caffeine 265, 276
  and breastfeeding 247
  during pregnancy 242

Calciferol 193

Calcitonin 211

Calcium 11, 193, 208-211
  absorption and vitamin D 199
  -alginate, -bromate, -lactate, -phosphate, -propionate, -silicate, -sorbate 278
  and colon cancer 64
  and high blood pressure 110
  and vegan diet 79, 244
  and vitamin C 190
  carbonate, citrate, gluconate 210
  for plants 260
  in blood 208
  in hard water 159
  in milk 89
  intake for girls 213
  -phosphates, -sulfate, for plants 260
  recommended intake 301-302

Calgene, Inc. 263
California 272, 282
   and wasps 262
   soils 260

Calories 13,
   content of foods 97
   definition 16,
   -dense foods 36
   for various activities 18, 29
   for vegans 80
   RDA during pregnancy 244

Calorimeter 17

Campbell Soup Company 263

Canada & folic acid fortification 292

Cancer 109, 112-114

Caproic acid 95

Caramel 278

Carbohydrate 5, 47, 177
   daily intake 60
   energy-providing nutrient 46

Carbohydrate loading, athletes 65-68

Carbohydrates 5, 47, 58, 69, 95, 177
   and health 57,
   and metabolism 144
   for diabetics 60

Carbon 95
   and cell energy 143,
   for plants 259

Carbon dioxide (CO₂) 51, 150, 285
   for plants 259,
   from burning 46

Carbon monoxide 109

Carcinogens 64, 265, 284, 285
Cardiac sphincter 125
Cardiovascular disease 299
Carob bean gum 278
Carotemia 162
Carotene, Beta-carotene 194, 278
Carotenoids 193, 194
cooking helps absorption 196
Carp 180
Carpenter, Karen 40
Carrageenan 52, 97, 276, 278
Carrot oil 278
Carrots 36, 50, 193, 272
and pectin 52,
and urine 162
and vision 192,
and vitamin A 195
Cassava 51, 53, 54, 285
Castle, William 186
Catabolism 139
Catalysts 49, 139
Cataracts 181
CAT (computerized axial tomography) 212
Cats and vitamin A 194
Cattle, pasture raised 261
Caucasians, and lactase 132
Cauliflower 77, 204 Caveman
and fat 15
CCK (cholecystokinin) 124

CDRR (Chronic Disease Risk Reduction Intake) 216, 232, 301

C. difficile 131

Celery 52, 262

Celery juice 284

Cell membranes 94, 102
  and LDL 107

Cells 258,
  and energy use 140
  as separate lives 82
  energy needs 14
  life's basic unit 82

Cellulite 15

Cellulose 48, 49, 51, 52, 56, 278

Centurion, British ship 176

Cereals 210
  solid food for babies 248
  source of iron 221

Ceviche 74, 75

Chateau Margaux 1976 123

Cheese 196, 272, 294

Cheilosis 167

Chelates 224

Cheops 70

Chernobyl 225, 261

Chewing gum 52

Chicken, grades 293

Chicle and fiber 52
Childbearing problems 197, 220

China 269,
   and selenium 227
   Ho the Physician 3

Chinese diet 91

Chitin 53

Chloride 11, 208, 210, 215, 217

Chlorophyll 47, 194, 258
   and magnesium 214
   as color additive 276

Chocolate 95, 96, 238

Cholecystokinin (CCK) 124

Cholera 75, 154

Cholesterol 101, 103, 107-112, 165, 182
   and gallstones 129
   and pectin 52
   and vitamin D 198

Choline 102

ChooseMyPlate 234

Chromium 11, 221, 229

Chronic Disease Risk Reduction Intake (CDRR) 216, 232, 301

Chyme 127, 130

Cimetidine/Tagamet 128

Cirrhosis and iron 224

Citrates 224

Citric acid 277, 278

Citrus 177

Citrus fruits 210
Citrus red no. 2 278
Clams 180
Clostridium botulinum 283, 284
Club soda 160
Coal tar dyes as food additives 276
Cobalamin 10, 177, 186
Cobalt 186, for plants 261
Coca-Cola 62
Cocaine during pregnancy 242
Coconut oil 95, 99, 101
Cod-liver oil and vitamin D 198
Coenzymes 139, 164, 176, 177, 181, 182, 185
and niacin, riboflavin 144
and vitamins, as carriers 139
Coenzyme A 189, 190
and pantothenic acid 144
Cofactor in metabolism 210
Coffee 183, 276
Coleman, Ellen 66
Collagen 221
Collard greens 77, 210
Colon (large intestine) 63, 124, 130
and bacterial life 131
and cancer 58, 63, 64, 210, 288
and cholesterol 111
and water absorption 130
Common cold 166
Complementary Plant Proteins 77
Complex carbohydrates 49

Compost 259

Condiments and fat 97

Constipation 132, 173
and fiber 63, 64
and iron supplements 224

Convenience foods 235, 273

Cook, James (Captain) 178

Copper 11, 221, 227-228
and hemoglobin 227
deficiency and zinc 225
plumbing, utensils 228

Corn 50, 51, 74, 76, 77, 183, 269, 283
for alcohol 55,
syrup 48

Corn blight 266

Corned beef 272

Corn meal 51

Corn oil 51, 98

Cornstarch 51

Corn syrup 51, 61

Coronary arteries 103, 106

Cotton 52

Coumadin, Coumarin 203

Couscous 91

Cow's milk 248

Cramps 210, 221

Cream of tartar 278
Creatine 141
Creatine phosphate 19
Criminality and sugar 62
CRISPR-Cas gene editing 263
Croissant 95
Crop yields 266
Crossbreeding and pests 262
Crusades and nutrition 3
Cyanide 265
Cyclamate 48, 280
Cysteine 72
Cystic fibrosis and vitamin E 201
Cytoplasm 83, 140

D
Daily Value (DV) 290, 301
Dairy products 115, 221
Dam, Hendrik 202
Dean Ornish Diet 37
Death rates as population ages 108
Defecation 132
Defibrillators 113
Dehydrated beets 278
Dehydration 153,
  and diarrhea 133
Delaney Clause 279, 284
Denaturing of proteins 74

Dental disease and vegan diets 79

Deoxyribose 85

Dept. of Agriculture and labeling 295

Dept. of the Interior and labeling 295

Depression 71, 177, 251

Dermatitis 177

Detergents and fat 128

DEXA (dual energy x-ray absorptiometry) 212

Dextrose (glucose) 48, 51, 55

Diabetes 58, 106, 115, 153, 165
  and artherosclerosis 108
  and obesity 6,
  and weight loss 38
  definition 58,
  gestational 60
  prevalence 58,
  treatment 60
  type 1, type 2 58, 59

Dialysis 154

Diamond, Harvey 11

Diaphragm 128

Diarrhea 94, 133, 153, 177, 186, 210, 217, 282, 284
  and copper, iron, zinc 221
  and emotions 133
  and infant formula 247
  and lactose 132,
  and vitamin A 193

Diet, and colon cancer 64
  effects on weight 21
  for diabetics 59, 60
Dietary fat and heart disease 5
Dietary Guidelines 65
Advisory Committee 110
Dietary Guidelines for Americans (DGAs) 110, 111, 235, 236, 239-240
Dietary Reference Intakes (DRIs) 232, 239-240
Dietary Supplement Health and Education Act (DSHEA) 166
Dietary supplements 166
Dietitians 231
Diet plans, foods 28
Diet soft drinks 273
Digestion 120-122, and emotions 133
Digestive enzymes 126
Digestive tract/chambers 122
Digitalis 164, and foxglove 265
Diglycerides 276, 278
Dimethyl sulfide 276
Disaccharides 49, 56, 122
Disodium guanylate 278
Distilled water 160
Diuretics 40, 152, 218
Diverticulosis 58, 63, 173
DiVine Ripe tomato 264
DNA (deoxyribonucleic acid) 48, 83 and folate 185
Dogs 3, 153
Doisy, Edward 203
Dolomite, source of calcium 210
Double-blind study 9, 62
Double helix, DNA structure 84
Dowager's hump 211
Downy mildew 269
Drought 285
DSHEA (Dietary Supplement Health and Education Act) 166
Duodenum 126, 127
Durian 123
Dutch Crown and beriberi 136

E
Eber's Papyrus 192
E. coli (Escherichia coli) 281, 282
Ecology 257, 266, 270
Economy Class Syndrome 203
Ectomorph 22, 33
Edema 162, 216
EDTA (ethylenediamine tetraacetic acid) 278
Egg lecithin 102
Eggs 111, 210, 252
size and grades 293
source of iron 221
Egg whites 111
Egg yolks, and cholesterol 111
and vitamin E 193
and vitamin K 204

Egypt 70, 272
and zinc deficiency 225

Eijkman, Christiaan 136, 139

Einstein 8

Electrolytes 154, 208, 215, 218
and bulimia 40

Embryo 242

Emotions and appetite 34

Emulsifier 52, 102, 128

Endometrial cancer 213

Endomorph 22, 33

Endurance events 65

England, 1840s depression 70

Enriched refined grain 292

Environment and obesity 24

Environmental clean up by plants 261

Environmental Protection Agency (EPA) 160, 258

Enzymes 50, 55, 74, 180
and amino acids 72
and digestion 49, 121
and food deterioration 274
and zinc 225
biological catalysts 49, 139
of soil bacteria 259

Epidemiology, definition 9

Epiglottis 124

Epithelial tissues, and vitamin A 195
Equal 47, 48

Eskimos 94, 112

Esophagus 124, 125
  and cancer 284,
  and heartburn 126

Essential amino acids 88

Essential fats 94

Essential nutrient defined 9

Estimated Average Requirement (EAR) 232

Estrogen 108, 114, 211, 212
  and breast cancer 114

Estrogen-replacement therapy 213

Ethanol 56, 276,
  from corn 55

Evaporation of water 153

Evolution 176,
  and fat 23

Exercise 117,
  and HDL levels 112
  and weight loss 32,
  habits 249
    importance for the elderly 252

Ex-Lax 162

Experimental group 9

Extracellular water 151, 215

Eyes 122, 193

F

Fabricated foods 273

Falafel 76
Families and obesity 24

Fasting and digestion 134

Fat 105,
   and calories 115
   and moisture illusion 158
   content calculations 116
   energy content 96
   saturated vs. unsaturated 111

Fat cells (adipose cells) 15

Fatigue 284,
   and iron 221

Fatness, measurement 31

Fats 5, 93
   and energy metabolism 144, 145
   and LDL levels 110
   fatty acid composition 100
   time in stomach 128

Fat-soluble vitamins 95

Fat substitutes 97

Fatty acids 94, 95, 100, 111, 201
   and biotin coenzymes 189

Fava beans and urine color 162

FDA (Food and Drug Administration) 101, 278

FD & C blue #1, red #40, yellow #5 278

Fecal contamination 282

Fecal transplants 131

Feces 153

Fermentation, and alcohol 55
   and food preservation 272

Ferrous sulfate 224
Fertility and breastfeeding 245

Fertilizer 8, 258

Fetal alcohol syndrome 242

Fetus 242

Fever 221, 284

Fiber 17, 52, 53, 60, 63, 73, 111, 115, 275
   and constipation 133
   and feces water 153
   and LDL levels 111
   Daily Value 290

Fibrillate 112

Fibrin, Fibrinogen 203

Fig Newtons 296

Filth and food regulation 261

Fingernails and selenium 221, 227

Fish 99, 210,
   and fatty acids 99
   and vitamin D 193
   benefit in the diet 112;
   oil 94, 95

Fish and chips 123

Fit for Life 11, 18

Fitzgibbons, Judy 298

Flatulence, Flatus 131

Flavr Savr tomato 264, 275

Fleas 265

Florida 260, 272, 273

Flour, enriched 289
Fluoride 11, 221, 228-229
   and tooth decay 228
   for plants 261;
   in water 159
   recommended intake 301-302

Fluorosis 228

Folate (folic acid, folacin) 11, 95, 173, 177, 184-186, 190
   and orange juice 234
   and pregnancy 185, 243
   fortification (folic acid) 292
   recommended intake 301-302
   synthetic folate (folic acid) 185

Folic Acid (see Folate)

Fonda, Jane 40

Food additives 276

Food Additives Amendment 278

Food and Drug Act 261

Food and Drug Administration (FDA) 183, 258, 262
   and labeling 295

Food and Nutrition Board (FNB) 89, 232, 239-240

Food composition tables 8

Food First 268

Food label 288, 299

Food processing 273

Formaldehyde 150

Fosamax 214

Foxglove 164

Frankfurters 115, 116, 216
   and botulism 283
French fries 95
French Revolution 4
Frito-Lay and trans fat 101
Fructose 48
Fruit Loops 54
Fruits, and fiber 111,
    dried 210
    solid food for babies 248
Fulani tribe 132
Fumarates 224
Fungicide from plants 264
Funk, Casimir 137
Furan diacetyl 276
Future of Food Symposium 270

G
Gag reflex 125
Galactose 48, 54, 132,
    and pectin 52
Galesburg, Illinois, and fluoride 228
Gallbladder, gallstones 124, 128, 129
Garbanzo beans 76
Garlic 162, 227
Gasoline 19, 47
Gastric bypass 130
Gastrin 124
Gelatin 278
Genes 24, 84, 268
and artherosclerosis 108
in plants 260

Genetically Modified Foods 268

Genetically modified organism (GMO) 263

Genetic code 84 Genetic diversity 266

Genetic engineering 269

Genomics 268

GERD (Gastroesophageal Reflux Disease) 126

Ghrelin 5, 33, 124

Gin 110

GIP (Glucose-dependent insulinoergic peptide) 124

Global warming 47

Glucagon 58, 128

Glucose 48, 55, 58, 95, 132, 151, 176
and appetite 33,
and metabolism 140
and the brain 38,
and yeast 55

Glutamate, glutamic acid, glutamine 72

Gluttony 20

Glycemic Index 54

Glycerin 95

Glycerol 95, 151, 278

Glycine 72

Glycogen 38, 48, 49, 51, 58, 147
storage and the athlete 65-68

Glycolysis 140, 141
Goblet cells 83

Goiter 289,
    and iodine 221, 226, 285

Goitrogens 285

Goldberger, Joseph 137, 138, 141

Gout and molybdenum 221

Grades of food 292

Grains, source of chromium, copper, iron, manganese, molybdenum, selenium 220-221

Grapefruit enzymes 74

Grapefruit Diet 37

Grape Nuts 276

Grapes, and pests 262
    for wine 55,
        sugar content 21

GRAS (Generally Recognized as Safe) 279

Great Plains 272

Greek peasant diet 70

Greek Regimen in Health 3

Green beans 77, 283

Greenhouse gas 47

Green leafy vegetables 168, 182, 209, 210,
    and vitamin K 204
        source of iron 220

Greens 193 Greyhounds 146

Grits in the South 70

Ground squirrel, golden-mantled 26

Group Support for weight loss 39
Guar gum 53, 276, 278
Guatemala and vitamin A 194
Gulf War 272
Gum arabic 53, 278
Gum ghatti 278
Gums and fiber 52
Gut microbiome 131

H

Hair and selenium 221, 227
Halvah 209
Ham 216,
   and botulism 283
Hangover 169
Hawaii 272
HbA1c (Hemoglobin A1c) 58
HDL (see high-density lipoprotein) 107-108, 111-112, 117-118
Headache 94, 177, 284
Health Canada 232, 239
Health Claims that Meet Significant Scientific Agreement 291
Health foods 273
Health Regimen of Salerno (Italy) 4
Heart 182, and selenium 221
Heart attack 106, 108, 109
   and high blood pressure 108
Heartbeat 210,
   and potassium 217
Heartburn 126

Heart disease 109, 113, 114
  and dietary fat 106
  and obesity 6
  and trans fat 101

Heart failure and iron 221

Heat stroke 155

Heme iron 222-223

Hemicellulose 52

Hemochromatosis 221, 224

Hemoglobin 146, 184, 220, 221, 222
  and amino acids 73,
  and bile 129
  breakdown product 162

Hemoglobin A1c (HbA1c) 58

Hemophilia 203

Hemorrhagic disease 265

Hemorrhagic stroke 108
  and alcohol 110

Hemorrhoids 63, 64

Hepatitis A virus 284

Herbal supplements 166

Heredity, and fatness 21
  and fat 14,
  and vitamin B12 188

Herring 180

Hershey chocolate 23, 299

Heterozygotes 224

High blood pressure and artherosclerosis 108
and sodium 215-216
definition 108

High-density lipoprotein (HDL) 107

High-fructose corn syrup 48, 51, 54

Hippocrates 3, 71, 120

Histidine 72

HIV/AIDS and breastfeeding 247

Hoarding behavior 26

Hodgkins, Dorothy 186

Hollandaise 102

Homogenization of milk 128

Homozygotes 224

Honey 48, 61;
and infants 285

Hong Kong and methionine 76

Hopkins, Frederick 5

Hormone-replacement therapy 114

Hormones 189
and amino acids 72
chemical messangers 122 definition 58

H. pylori bacteria 126, 128

Hubei Province, China 227

Hudson’s Bay Company 94

Human genome 84

Human microbiome 131

Hummingbird, ruby-throated 26
Hummus 76
Hybrid corn 266
Hydrated carbon 47
Hydrochloric acid 40, 126, 217
Hydrogen 95,
and cell energy 143
for plants 259
Hydrogenated Fats 100, 101
Hydrogen peroxide 278
Hydrolyzed vegetable protein 278
Hyena as food 3
Hyperactivity 58, 62
Hyperlipidemias and vegan diets 79
Hypoglycemia 61
Hypothalamus and appetite 33

Ice cream and calcium and fat 291
Idaho 272, 282
Impossible Burger 223
Impotence 109
Indian diet 91
Indigestion & contaminated food 134
Indirect calorimetry 18
Indoles 173
Indonesia 136
Infant botulism 285
Infant death and water 154
Infant Formula Act 183
Infections and iron 221
Infertility and lead 222
Ingenhousz, Jan 46
Inositol 48
Insect parts in food 261
Insulin 58, 59, 73, 128, 165
    and chromium 221
    and the kidneys 162
    and tryptophan 63
Integrated Pest Management (IPM) 262
Intestines 120, 121
Intracellular water 151, 215
Intrinsic factor 126, 186
Iodine 11, 221, 225-227
    and goiter 285
    excess 226,
    for plants 261
    recommended intake 301-302
Ions 215
Iran, and wasps 262
    and zinc deficiency 225
Ireland, potato diet 70
Iron 11, 220-225
    absorption 178
    additive 275,
    amounts in food 222
    and vegan diet 79, 90, 244
    and vitamin C 190
    deficiency 79, 184, 220
for babies 248,
for plants 260
fortification and supplements 224
in drinking water 159
non-heme 222, 223
pots and pans 224
recommended intake 208, 223, 243, 301-302;
toxicity 224

Ironman Triathlon 68

Irradiation for microbe control 282, 286

Isoleucine 72

Isoprene 276

Isotretinoin 197

Italy and pellagra 137

J

Jack-in-the-Box hamburgers 282

Japan 114, 179, 282
   and breast cancer 114

Jaundice 284,
   and vitamin K 193

Java 136

Jell-O 74

Jenny Craig 37

Jet lag and dehydration 155

Jixian, China and iodine 226

John, Elton 40

Junk food and children 250

K

Kale and legumes 77
Kellogg All-Bran cereal 288

Keshan's disease & selenium 227

Ketones 38,
    and starvation 147

Ketosis 35, 37, 147

Kidney 153, 162, 182, 216
    and excess protein 88
    and high blood pressure 109
    and vitamin D 199
    damage and lead 222
    damage, and vitamin D 193
    disease 161, 218,
    stones 166, 210

Kidney failure 282,
    and diabetes 59

Kidney beans 76

Kiebsiella and vitamin B12 80

Kilocalorie (kcal), definition 16

Kim chee 216

Krebs, Hans 143

Kwashiorkor 90, 245

L

Labeling 287,
    definitions 294

Lactase 50, 132,
    and microvilli 130

Lactation and folate 185,
    and vegan diet 244
    increased RDAs 246

Lactic acid 278
    and energy supply 142
and muscle 75, 
in athletes 75

Lactobacillus acidophilus 132

Lacto-ovo vegetarian 89

Lactose 48, 49, 62, 209

Lactose intolerance 132, 133

Laetrile 10

Lasorda, Tommy 14

Lavoisier, Antoine 4, 9, 46, 71

Laws of energy conservation 31

Laxatives 40, 98, 133

LDL-cholesterol 107, 110-111, 117

Lead in drinking water, in paint 159 
in soil 261, 
toxic effects 159, 222

Lean body mass 117

Lecithin 102

Leghemoglobin 223

Legumes 76, 210, 
and nitrogen 259 
source of iron, zinc 221

Lemaux, Peggy C. 268

Lemon and acidity 122

Leptin 5, 31

Leucine 72

Leukemia 83, 265

Lightning and nitrogen 259
Lignin 52

Lima beans 76, 77
   and cyanide 265, 285

Lime juice for scurvy 178

Lime water 209

Lincoln, Abraham, son Willie 129

Lind, James, cure for scurvy 177

Linoleic acid 94, 99
   and stearic acid 100

Linolenic acid 94, 99, 100

Lion as food 3

Lipid definition 102

Lipoproteins 107, 117

Listeria monocytogenes 284

Lister Institute 137

Liver 128, 182, 192, 193
   and glucose 58,
   and glycogen 51
   and HDL 107
   and pernicious anemia 5, 186
   and sugar 55
   and Vitamin A, K 192, 193
   and vitamin D 199
   damage 166, 193
   digestive secretions 128
   extract 184
   source of B vitamins 177
   source of chromium, copper 221
   source of iron 220, 221
   source of vitamin A 195

Liver damage and copper 221

Locust bean gum 53, 278
Love and food 34
Low-calorie diet 117
Low-carbohydrate diet 35, 37
Low-density lipoprotein (LDL) 107
Lung cancer 108, 109, 112-114
Lutein 197
Lycopene 197,
    and prostate cancer 114
Lynen, Feodor 145
Lysine 72, 89, 270
    and corn 138,
    in wheat 76

M
Macedonia 70
MacKinac Island, Michigan 121
Macquer 71
Macrobiotic 178
Magnesium 11, 95, 208, 210, 214-215
    in hard water 159
    recommended intake 301-302
Magnesium carbonate 278
Malnutrition 54, 91, 95, 236, 266
Malt 49
Maltol 278
Maltose 48, 49
    and yeast 55,
    from cornstarch 55
Manganese 11, 221, 228
Mannitol 48, 133
Manure 259
Maple syrup 61
Marasmus 90
Marathon 19, 20
Margarine 274, and vitamin E 193
Market identification, penetration 273
Marrow and iron 223
Masa harina, 209
Mayer, Julius 46
Mayonnaise 294 and fat 97, ingredients 102
McDonald’s burgers 97, 282
Mead, Margaret 20
Measles and vitamin A 193
Meat, and vitamin K 193 in the American diet 71 source of selenium 221 source of zinc 221
Medicines from plants 265
Melanin and tyrosine 90
Membrane 215, cell 83
Menkes’ steely hair disease, and copper 228
Menopause 114, 211, 213 and breast cancer 114
Menstruation absence from anorexia 41
and breast cancer 114
and nutrition 251,
loss of iron 220

Mercaptan 162

Meringue 71

Mesomorph 22, 33

Messenger RNA 85, 86

Metabolic Syndrome 109

Metabolism 19, 210, 248, 285
amino acid 177, 183
and Leptin 5,
biotin 189
carbohydrate, fat, protein 177
cofactor 221,
definition 139
ingestion 41
energy 180

Methane 150

Methanol 276

Methionine 72
limiting amino acid in legumes 76

Methotrexate and folate 185

Methyl acetate, butanol, formate 276

Methylene blue 162

Methylfuran 276

Methylparaben 278

Mexican-Americans and gallstones 129 and metabolic syndrome 110
Microorganisms 258, 272, 274, 280 and cellulose
52 make vitamin B12 186
Microvilli 130
Middle Eastern diet 91
Midtown Manhattan Study 24
Migraine 180
Milk 62, 111, 115, 181, 210 and lactose 132,
and vitamin K 193 as a source of nutrients
89 mother’s 182 source of selenium, zinc 221
vitamin-D-fortified 289 water and fat content 158
Minerals 10, 60, 207, absorption 121 amount in human body 208 for
plants 260, trace 219
Mineral water 160
Minnesota starvation study 26
Minot, George 186
Mint in Priestley experiment 46
Miscarriage 284
Miso, for vitamin B12 80
source of zinc 225
Mississippi River 272
Mites in food 261
Mitochondria 83,
142, 143 Modified food starch 278 Molasses 70 for rum 55, source of iron 220 Molds 281, 285 Molotov cocktail 17 Molybdenum 11, 221, 229 Monocalcium phosphate 278 Monoglycerides 278 Monosaccharides 48, 56, 122 Monounsaturated fatty acid 99 Moroccan ideas about food 3 Morphine 164 Mosquito abatement 262 Mouth and digestion 122 MSG (monosodium glutamate) 123, 216, 278 Mucin, lubricant for food 122 Mucus 126 Muffins 37 Murphy, Suzanne P. 239 Murphy, William 186 Muscle 89 cramps 209, glycogen 51 Muscle cells 83 fast and slow twitch 146 Mushrooms 177 source of chromium 221 Mustard greens 77 Myoglobin 146, source of iron 222 MyPlate eating guide 234-236, 239