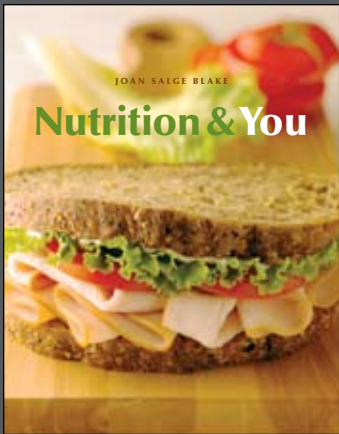


Try a sample!



Nutrition & You
by Joan Salge Blake
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Coming September 2007!

Designed for use in non-majors,
introductory nutrition courses,
Nutrition & You by Joan Salge Blake
will be available this September!

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Nutrition & You making nutrition
personal and practical for your students
Coming September 2007!

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MAKE NUTRITION PERSONAL AND PRACTICAL FOR YOUR STUDENTS



Presenting nutrition in the real world

Nutrition & You by Joan Salge Blake uses a personalized approach to help students assess their food choices, and gives them practical tools for applying the science of nutrition to their own dietary habits.

Self-Assessments ask students to evaluate their own diet and behavior.

Self-Assessment

Are You Getting Enough Fat-Soluble Vitamins in Your Diet?

Take this brief self-assessment to see if your diet contains enough food sources of the four fat-soluble vitamins.

1. Do you eat at least 1 cup of deep yellow or orange vegetables, such as carrots and sweet potatoes, or dark green vegetables, such as spinach, every day?
Yes No
2. Do you consume at least 2 glasses (8 ounces each) of milk daily?
Yes No
3. Do you eat a tablespoon of vegetable oil, such as corn or olive oil, daily?
(Tip: Salad dressings, unless they are fat-free, count!)
Yes No
4. Do you eat at least 1 cup of leafy green vegetables in your salad and/or put lettuce in your sandwich every day?
Yes No

Answers

If you answered yes to all four questions, you are on your way to a diet that provides enough fat-soluble vitamins. If you answered no to any one of the questions, your diet needs some fine-tuning. Deep orange and dark green vegetables are excellent sources of vitamin A, and milk is an excellent choice for vitamin D. Vegetable oils provide vitamin E, and if you put them on top of your vitamin K-rich leafy green salad, you'll hit the vitamin jackpot. Continue reading this section to find out other ways to improve your diet.

Table Tips

Enjoying Your Es

Add fresh spinach and broccoli to your lunch salad.

Add a slice of avocado or use guacamole as a spread on sandwiches.

Spread peanut butter on apple slices for a sweet treat.

Top low-fat yogurt with wheat germ for a healthy snack.

Pack a handful of almonds in a zip-closed bag for a midafternoon snack.

Table Tips provide easy-to-follow suggestions for maximizing the nutritional value of a meal.

Two Points of View encourage students to think critically about both sides of controversial nutrition issues.

NUTRITION IN THE REAL WORLD

Two Points of View

Are Super Size Portions a Super Problem for Americans?

Over the past several years, the portion sizes of meals served in restaurants have increased. Do larger meals at restaurants play a role in America's expanding waistlines?

Sheila R. Cohn, R.D., L.D.
National Restaurant Association



Sheila R. Cohn, R.D., L.D., is the director of nutrition policy in the health and safety regulatory affairs department of the National Restaurant Association. Her department advises the association, senior industry executives, and membership on legislative and regulatory health and safety issues that affect the restaurant industry. Typical sub-

Barbara J. Rolls, PhD
Pennsylvania State University



Barbara J. Rolls is a nutritional scientist and the Guthrie Chair in Nutrition at Pennsylvania State University. She is the president of the National Association for the Study of Obesity and the American Dietetic Association. She was elected to the National Academy of Medicine in 2008.

A visual approach to teaching nutrition

Iodine

What Is Iodine?

Like the fluoridation of community drinking water, the iodization of salt was a significant advance for public health in the United States. Prior to the 1920s, many Americans suffered from the iodine deficiency disease, goiter.

Once salt manufacturers began adding iodine to their product, incidence of the disease dropped. Today, rates of the disease are very low in the United States, though not in other parts of the world.



Functions of Iodine

Iodine is an essential mineral for your thyroid, a butterfly-shaped gland located in your neck. The thyroid needs iodine to make some essential hormones. In fact, approximately 60 percent of your thyroid hormones are comprised of iodine.



Thyroid hormones affect the majority of your cells, regulate your metabolic rate, and help your heart, nerves, muscles, and intestines function properly. Children need thyroid hormones for normal growth of bones and brain development.⁷⁰

Daily Needs

Adult men and women need 150 micrograms of iodine daily to meet their needs. Americans are currently consuming 230 micrograms to 410 micrograms of iodine daily, on average, depending upon their age and gender.

Food Sources

The amount of iodine that occurs naturally in foods is typically low, approximately 3 to 75 micrograms in a serving, and is influenced by the amount of iodine in the soil, water, and fertilizers used to grow foods.

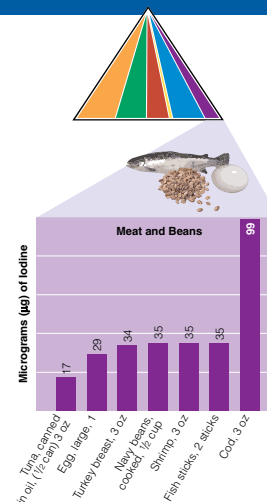
Fish can provide higher amounts of iodine, as they concentrate it from seawater. Iodized salt provides 400 micrograms of iodine per teaspoon. Note that not all salt has added iodine. Kosher salt, for example, has no additives, including iodine. Processed foods that use iodized salt or iodine-containing preservatives are also a source.

Too Much or Too Little

Consuming too much iodine can challenge the thyroid, impairing its function and reducing the synthesis and release of thyroid hormones. Because of this, the upper level for adults for iodine is 1,100 micrograms.

An early sign of iodine deficiency is **goiter**, which is an enlarged thyroid gland (see photo). An iodine-deficient thyroid has to work harder to make the thyroid hormones, causing it to become enlarged.⁷¹ A goiter epidemic in the midwestern United States is what prompted the campaign for mandatory iodization of salt. Based on the success of the campaign, the use of iodized salt spread rapidly throughout the United States.

A deficiency of iodine during the early stages of fetal development can damage



the brain of the developing baby, causing mental retardation. Inadequate iodine during this critical time can cause lower IQ scores. Depending upon the severity of the iodine deficiency, **cretinism**, also known as **congenital hypothyroidism** (*congenital* = born with; *hypo* = under; *ism* = condition), can occur. Individuals with cretinism can experience abnormal sexual development, mental retardation, and dwarfism (see photo).

Early detection of an iodine deficiency and treatment in children is critical to avoiding irreversible damage.



Terms to Know

goiter ■ cretinism/congenital hypothyroidism

Visual Summary Tables use text, photos, and illustrations to present and summarize the key facts about each nutrient, providing students with visual snapshots of the information they need to master. Each Visual Summary lists the forms, functions, daily needs, food sources, toxicity, and deficiency symptoms for a given nutrient, providing a consistent and easy-to-use study tool.