

Contents

| | |
|---|------------|
| Preface..... | xi |
| Acknowledgments..... | xiii |
| List of Abbreviations..... | xv |
| Introduction..... | xxiii |
| CHAPTER 1 Chemical Senses | 1 |
| Smell | 1 |
| Taste | 4 |
| Intestinal Sensing | 16 |
| Physical Sensing and Chemesthesis..... | 20 |
| CHAPTER 2 Intake Regulation | 25 |
| Appetite | 25 |
| Thirst | 32 |
| CHAPTER 3 Absorption, Transport, and Retention | 37 |
| Digestion and Absorption..... | 37 |
| Microbiome | 61 |
| Renal Processing | 69 |
| The Blood–Brain Barrier..... | 81 |
| Materno-Fetal Nutrient Transport | 87 |
| CHAPTER 4 Xenobiotics | 95 |
| Caffeine | 95 |
| Heterocyclic Amines | 100 |
| Nitrite/Nitrate | 107 |
| CHAPTER 5 Fatty Acids | 111 |
| Structure and Function of Fatty Acids | 111 |
| Overfeeding | 143 |
| Acetate..... | 147 |
| Myristic Acid..... | 153 |
| Conjugated Linoleic Acid | 157 |
| Docosahexaenoic Acid | 164 |
| Trans-Fatty Acids | 174 |
| Chlorophyll/Phytol/Phytanic Acid | 179 |
| CHAPTER 6 Carbohydrates, Alcohols, and Organic Acids | 187 |
| Carbohydrates | 187 |
| Glucose..... | 191 |

| | |
|---|------------|
| Fructose | 207 |
| Galactose | 213 |
| Xylitol | 219 |
| Pyruvate..... | 223 |
| Oxalic Acid..... | 228 |
| Ethanol | 231 |
| Methanol | 238 |
| CHAPTER 7 Nonnutrients and Bioactives | 243 |
| Indigestible Carbohydrates..... | 243 |
| Flavonoids and Isoflavones | 247 |
| Garlic Bioactives | 260 |
| CHAPTER 8 Amino Acids and Nitrogen Compounds | 265 |
| Structure and Function of Amino Acids..... | 266 |
| Starvation | 291 |
| Glutamate | 294 |
| Glutamine | 302 |
| Glycine | 309 |
| Threonine | 316 |
| Serine..... | 321 |
| Alanine | 329 |
| Phenylalanine | 336 |
| Tyrosine | 342 |
| Tryptophan | 349 |
| Methionine | 359 |
| Cysteine..... | 368 |
| Lysine | 376 |
| Leucine | 382 |
| Valine..... | 389 |
| Isoleucine | 396 |
| Aspartate | 401 |
| Asparagine..... | 408 |
| Arginine..... | 413 |
| Proline | 423 |
| Histidine | 431 |
| Citrulline | 440 |
| Taurine..... | 443 |
| Creatine | 450 |
| Carnitine..... | 454 |
| Melatonin | 461 |
| Choline | 468 |

| | | |
|--------------------------------------|--|------------|
| CHAPTER 9 | Fat-Soluble Vitamins and Nonnutrients | 479 |
| Free Radicals and Antioxidants | 479 | |
| Vitamin A | 486 | |
| Vitamin D | 501 | |
| Vitamin E | 514 | |
| Vitamin K | 526 | |
| Cholesterol | 539 | |
| Lipoic Acid | 553 | |
| Ubiquinone | 560 | |
| CHAPTER 10 | Water-Soluble Vitamins and Nonnutrients | 567 |
| Methylation | 567 | |
| Vitamin C | 570 | |
| Thiamin | 580 | |
| Riboflavin | 589 | |
| Niacin | 599 | |
| Vitamin B6 | 610 | |
| Folate | 620 | |
| Vitamin B12 | 632 | |
| Biotin | 642 | |
| Pantothenate | 647 | |
| Queoine | 654 | |
| Biopterin | 657 | |
| Inositol | 663 | |
| CHAPTER 11 | Minerals and Trace Elements | 673 |
| Water | 673 | |
| Sodium | 679 | |
| Potassium | 685 | |
| Chlorine | 690 | |
| Iron | 697 | |
| Copper | 709 | |
| Zinc | 716 | |
| Manganese | 725 | |
| Calcium | 730 | |
| Phosphorus | 737 | |
| Magnesium | 744 | |
| Iodine | 748 | |
| Fluorine | 755 | |
| Sulfur | 758 | |
| Selenium | 766 | |
| Molybdenum | 773 | |

| | |
|---|------------|
| Cobalt..... | 778 |
| Chromium | 782 |
| Boron..... | 785 |
| Silicon | 789 |
| Bromine..... | 793 |
| Arsenic | 797 |
| Vanadium..... | 802 |
| Nickel..... | 805 |
| CHAPTER 12 Applications..... | 809 |
| Genetic Variation..... | 809 |
| Nutrient Adequacy and Supplementation | 816 |
| Nutrient Interactions | 819 |
| GRAS Database | 822 |
| Using Molecular Databases | 822 |
| Index | 825 |