

# Contents

Foreword .....	xi
Preface.....	xv
Acknowledgments.....	xvii
About the Editors .....	xix
Contributors .....	xxiii

## **SECTION I Food and Agriculture in Human History**

<b>Chapter 1</b> Emergence and Evolution of Agriculture: The Impact on Human Health and Lifestyle .....	3
<i>Clark Spencer Larsen</i>	
<b>Chapter 2</b> The Evolving Knowledge of Nutrition .....	15
<i>Buford L. Nichols and Roberto Quezada-Calvillo</i>	

## **SECTION II Foods by Choice**

<b>Chapter 3</b> Role of Religion, Spirituality, and Faith in Food Choices .....	33
<i>Jeffrey Stanton Kellam</i>	
<b>Chapter 4</b> The Influence of Culture and Customs on Food Choices .....	45
<i>Cindy M. Imai, Dustin J. Burnett, and Johanna T. Dwyer</i>	

## **SECTION III The Required Nutrients**

<b>Chapter 5</b> Digestion and Absorption of Carbohydrates .....	69
<i>Roberto Quezada-Calvillo and Buford L. Nichols</i>	
<b>Chapter 6</b> Lipids.....	89
<i>Duane E. Ullrey</i>	