

**PART ONE Nutrition: A Key to Health**

- 1 Nutrition, Food Choices, and Health
- 2 Designing a Healthy Eating Pattern
- 3 The Human Body: A Nutrition Perspective

**PART TWO Energy Nutrients and Energy Balance**

- 4 Carbohydrates
- 5 Lipids
- 6 Proteins
- 7 Energy Balance

**PART THREE Vitamins, Minerals, and Water**

- 8 Vitamins and Phytochemicals
- 9 Water and Minerals

**PART FOUR Nutrition: Beyond the Nutrients**

- 10 Nutrition: Fitness and Sports
- 11 Eating Disorders
- 12 Protecting Our Food Supply
- 13 Global Nutrition

**PART FIVE Nutrition: A Focus on Life Stages**

- 14 Nutrition during Pregnancy and Breastfeeding
- 15 Nutrition from Infancy through Adolescence
- 16 Nutrition during Adulthood