Page numbers in *italic* denote figures, those in **bold** denote tables.

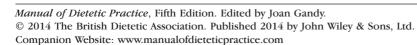
Note: As certain general terms such as dietary or nutritional management apply to every clinical condition, the reader should refer to specific conditions for more detailed information.

acarbose 716 access to food 22-3 ACE inhibitors 302, 519, 520, 523, **529**, 541, 770, 773, 774, 790 achalasia 401 acquired immunodeficiency syndrome see HIV/AIDS activated partial thromboplastin time acute kidney injury (AKI) 197, 532-5, 533, 534 adequate intake 43 adiposity 728 body mass index 50-1, 165 brain injury 586 children 162-6 Demiquet and Mindex 51 mid-arm muscle circumference 53 mid-upper arm circumference 52, 165 skinfold thickness 52-3, 165 waist circumference see waist circumference waist to hip ratio 52, 700, 728, 736 adolescents coeliac disease 438 cystic fibrosis 194, 508, 511 diabetes mellitus 205, 722, 723, eating disorders 627 food hypersensitivity 202, 663, 686 HIV/AIDS 697 nutritional requirements 237 obesity 727, 733, 754 physical activity 146 vegetarian/vegan diet 131, 136-7 Adults with Incapacity Act (Scotland) (2000) 143 adverse drug reactions nutrition related 153 weight gain 149 advice giving 26 Advisory Committee on Borderline Substances 178, 395, 434 advocacy 144 Afro-Caribbeans 122 meal patterns 122 religious beliefs 122 stroke risk 802

ageing see older adults alactasia, congenital 423 alanine aminotransferase 484 albumin 55 critical illness 212 HIV/AIDS 701 normal value 952 alcohol and cardioprotection 761-2 consumption in diabetes mellitus drug interactions 304 and dyslipidaemia 780-1 and fertility 85 and gout 623 and hypertension 790, 792 intake in pregnancy 89 and liver disease 480, 493 and premenstrual syndrome 80 sensible drinking limits 480 unit system 480 alcoholic hepatitis 478, 491 alcoholic liver disease 478, 478 alfacalcidol 529 alkaline phosphatase 484 allergen labelling 278 allergy see food hypersensitivity allied health professionals 646 allopurinol 545, 623 alpha-1-antitrypsin deficiency 479 alternative therapies see complementary/alternative (CAM) therapies Alzheimer's disease 638 see also dementias ambisome 851 amino acids 68 parenteral nutrition 189, 189 see also proteins amitriptyline 149, 650 amphetamines, nutritional interactions 300 amphotericin 851 amputations, and body weight 49, 49 amyotrophic lateral sclerosis 556 anabolic agents 612 anaemia

pernicious anamia 926 post-gastrectomy 409 renal 522 angioplasty animal welfare 131 anorexia nervosa 627, 628 dietetic treatment 632-4 medical and nutritional effects 629-30 osteoporosis 611 antacids, nutritional interactions anthropometry 48-54, 945-7 adiposity see adiposity body weight 49-50 children 162-6, 164 critical care medicine 211, 867 height see height upper arm 482 see also specific measurements antibiotics, nutritional interactions anticholinergics 552 anticoagulants, nutritional interactions **300**, 302 anticonvulsants, nutritional interactions 300, 651 antidepressants nutritional interactions 300, 650 weight gain 652 antihyperlipidaemics, nutritional interactions 300 antihypertensive drugs 790-1 antioxidants 941 in immune response 657, 668 pancreatic disorders 418 rheumatoid arthritis 618 antiplatelet drugs 770, 918 antipsychotics nutritional interactions 300, 650 weight gain 652 antiretroviral therapy 696, 698, 699, 703, 706 antirheumatics, nutritional interactions anxiolytics, nutritional interactions 650-1 aphasia 583

ApoE 293, 293





gastric carcinoma 830

iron deficience anaemia 927



| apolipoproteins 778 |
|--|
| appetite adjusters 742 |
| appetite, loss of 583 |
| appetite stimulants 511, 774, 862 |
| apraxia 583 |
| Arabic populations 119–22 |
| cooking methods 121 |
| decisions on diet at home 121 |
| diet of first/second generation Arabs |
| 119–20 |
| diet quality 120 |
| dietary advice 121 |
| dietary advice 121 dietary components 121 |
| religion 120–1 |
| traditional food groups 119 |
| |
| arginine 656, 875, 903 |
| armed forces 271–2 |
| arsenic 202, 679 |
| arthritis 615–22 |
| osteoarthritis 615–17 |
| rheumatoid arthritis 617–20 |
| artificial nutrition |
| anorexia nervosa 633-4 |
| Huntington's disease |
| motor neurone disease 559–61, |
| 560 |
| multiple sclerosis 574 |
| palliative care 861–3 |
| stem cell transplants 851-2 |
| see also different modalities |
| artificial nutrition and hydration |
| 559–61, 560 |
| ascites 49, 482, 487–8, 493–4 |
| ascorbic acid see vitamin C |
| aspartame 279 |
| aspartate transaminase 484 |
| aspiration of enteral feeds 351–2 |
| assessment 31–2 |
| anthropometric see anthropometry |
| behavioural 57–8 |
| biochemical see entries beginning |
| with biochemical |
| clinical |
| children 166 |
| liver and biliary disease 484 |
| |
| nutritional status 56–7 |
| dietary see dietary assessment |
| functional 54, 54 |
| nutritional see nutritional |
| assessment |
| socioeconomic 54 |
| see also individual conditions |
| Association for Nutrition 306 |
| asthma, and food sensitivity 666–7 |
| ataxia 583 |
| atherosclerosis 657, 767, 767 |
| athletes |
| female 253 |
| vegetarian/vegan diet 137 |
| see also sports nutrition |
| Atkins diet, modified 199 |
| atomic weights 949 |
| atopic disease see food |
| hypersensitivity |
| atopy patch tests 672 |
| atorvastatin 529 |
| attending behaviour 28 |
| audit 11 12 14 15 |

autism 147, 179-81, 180

autoimmune disorders 657 and coeliac disease 429 type 1 diabetes see diabetes mellitus, type 1 autoimmune hepatitis 479 autonomic failure 567-8 Parkinson's disease 551 autonomy 6 client 27 autosomal dominant inheritance 288, 290 autosomal recessive inheritance 288, Balance of Good Health model 270 Bangladesh, traditional diet 116, 118-19 bariatric surgery 746-50 clinical guidelines 747 complications 748 micronutrient deficiencies 749 dietitian's role 748-9 excess weight loss after 748 gut hormones 747 procedures 746, 747, 747, 748 basal metabolic rate (BMR) 44, 317-18, 948 by age 948 Henry equations 318, 319, 884 in illness 318-19 pregnancy 85 Schofield equations 44, 207, 884, basophil count 952 behaviour change 25-38, 247 advice giving 26 behaviour therapy 27 client autonomy 27 client centred method 28 collaboration 28 communication 28-30 dietetic consultation 30-5, 31, 32 empowerment 28 implications for practice 37 integrated approach 25–30 models 26 motivational interviewing 27 person centred approach 27 pitfalls 30, 35–7 ambivalence and lack of motivation 35-6 clients with no ideas 35 clients not wanting advice 35 clients seeking advice 35 distractions 36-7 lack of confidence 36 problems 36 setbacks 37, 37 unhelpful thinking 37 psychological approaches 26-7 self efficacy 28, 35 social influence 28 theoretical underpinning 26-7 behaviour disorders, and food sensitivity 667 behavioural assessment 57–8 behavioural therapy cognitive behaviour therapy 27, 578, 647

diabetes mellitus 722 didactical 647 weight management 739, 752, 753 benzoate free diet 403-4, 403 benzoates, sources of 403-4 benzoic acid 941 beriberi 924 Best Bet diet 573 beta-blockers 770, 773, 784 beta-carotene 70, 308, 903, 922 adverse effects 308 see also vitamin A beta-glucan 296, 297 betaine 599 bicarbonate 952 biceps skinfold thickness 52 bile acid sequestrants 785 bile vomiting 408, 830 biliopancreatic diversion see duodenal switch bilirubin 484 normal value 952 binge eating disorder 628-9 dietetic treatment 635 medical and nutritional effects 630 Binswanger's disease 639 bioavailability 43 biochemical reference ranges 950-1 biochemical tests in children 166, 166 critical illness 211, 212 neurosurgery 214–15 see also clinical chemistry bioelectrical impedance 53-4, 53 HIV/AIDS 700 liver disease 483 biofeedback 469 biotin 926 NRV 280 RNI 926 birch pollen allergy 686 bisphosphonates 612 black and minority ethnic groups see ethnic minority groups BMR see basal metabolic rate body composition 53-4, 53 bioelectrical impedance 53–4, 53, 483 and bone mass 610-11 and fluid compartments 366 functional assessment 54, 54 see also anthropometry body fat see adiposity body mass index (BMI) 50-1, 727, 736 children 165 classification 728 and comorbidity 51, 947 factors affecting 51 HIV/AIDS 700 obesity 50-1, 50, 944 reference tables 944 body water 365-6 body weight see weight bolus feeding 348 bone development and metabolism 606, 606, 607 nutritional aspects 608-10 structure 606





| bone disorders |
|--|
| osteoporosis <i>see</i> osteoporosis |
| osteoporosis <i>see</i> osteoporosis Parkinson's disease 553 |
| renal disease 519, 522–3, 522 |
| bone marrow transplantation 209–10 |
| bone mass 607, 607 |
| bone mineral density |
| breast cancer 836 |
| breast cancer 836 cystic fibrosis 511–12 |
| HIV/AIDS 706 |
| book keeping 228–9 |
| botulinum toxin 412 |
| brain injury 582–4 |
| nutritional implications 583–4 secondary 215 |
| secondary 215 |
| traumatic <i>see</i> traumatic brain injury brain stem death 881 |
| breast cancer 82, 834–8 |
| breast milk 168 |
| |
| composition 135–6, 177 enteral nutrition 177, 186 |
| expressing 162 177 |
| expressing 162, 177 breastfeeding 245 |
| diabetes mellitus 723 |
| maternal diet 668 |
| minerals and trace elements 933 |
| nutritional requirements 237 |
| vegetarian/vegan diet 135-6 |
| vitamins 932 |
| brief/solution focused therapy 647 |
| Bristol Cancer Centre Diet 813 |
| Bristol Stool Chart 468 |
| British Dietetic Association 5, 6, 6 |
| British Dietetic Association 5, 6, 6 Code of Professional Conduct 7 Model and Process of Nutrition and |
| Model and Process of Nutrition and |
| Dietetic Practice /-8, 9, 10, |
| 11 British Social Attitudes Survey 248 |
| Buddhists 114 |
| bulimia nervosa 627–8, 628 , <i>629</i> |
| dietetic treatment 634–5 634 |
| dietetic treatment 634–5, 634 medical and nutritional effects |
| 630 |
| buried bumper syndrome 353 |
| burn injuries 898–904 |
| children 216–18 |
| clinical management 900-1 |
| consequences 899 |
| diagnosis and classification 898-9, |
| 899 |
| drug-nutrient interactions 903 |
| major 217 |
| metabolic response 899 |
| minor 217 |
| nutritional assessment 899–900, |
| 900 |
| nutritional management 901–3, |
| 902, 903 nutritional support 216–17, 217 |
| public health aspects 899 |
| public hearth aspects 899 |
| C-reactive protein 190 , 359 , 415, |
| 518, 840 |
| critical illness 212 |
| caffeine |
| effects of 648 |
| in pregnancy 89 |
| calcitriol 542 |
| |

calcium 55, 369-70, 927 adverse effects 308 atomic weight/valency 949 blood pressure effects 792 and bone mass 608 conversion factors 949 correction for low albumin 952 critical illness 212 cystic fibrosis 508 deficiency 369, 369, 927 dietary sources 608-9 excess 369 food sources 927 function 927 HIV/AIDS 701, 706, 707 inflammatory bowel disease 444 metabolic control 605-6 normal value 952 NRV 280 parenteral nutrition 361 post-bariatric surgery 749 premenstrual syndrome 79 preterm infants 177 renal stone disease 541 restriction 542 RNI 927, 933 toxicity 927 vegetarian/vegan diet 134 calcium chloride 938 calcium gluconate 938 calcium requirements adolescents 608 children 608 daily 429 older adults 93-4, 608 calcium renal stones 540-5 idiopathic 540-4 secondary 544-5 calcium-based phosphate binders 529 calorimetry 318, 869, 871 see also energy expenditure Campylobacter spp. 563, 707 cancer 805-58 alternative diets 812-14, 813 breast 82, 834-8 causes, immune deficiency 657, 660 children 208-10, 209 and coeliac disease 428 definition 805 development of 806-8 and diet 806-8, 807 dietary care 809-11 chemotherapy 811 endocrine therapies 811 radiotherapy 810-11 surgery 810 dietary recommendations for prevention 807 dietetic management 209 drug-nutrient interactions 814 gastrointestinal 826-34 gynaecological 841-4 haematological 849-55 head and neck see head and neck cancers lung 838-41 monitoring progress 811-12

nutritional implications 808-9 palliative care 812, 824, 831, 840, 859-64 post-recovery diet 812 prostate 844-8 cancer cachexia 855-8 clinical management 856-7, 857 diagnosis and classification 855 disease process 855-6 nutritional assessment 856 nutritional management 856 cannabinoids 857 capacity to consent 143-4 carbohydrate analysis 69 counting 718-19 and dental caries 386 DRVs 45 food exchange list 939 glycaemic index 719, 738 malabsorption 420, 421, 423-5 and mood 648 parenteral nutrition 189, 189, 361 recommended intake 761, 780 sports nutrition 253-5, 254 wound healing 917 carbohydrate loading 906 carbohydrate requirements diabetes mellitus 718-20, 719, 720, 723 GDA 280 weight loss 737-8 carbonated drinks, and bone health 610 cardiac cachexia 774 cardioprotective (Mediterranean) diet 758-63, 781-2 cardiovascular disease 756-804 absolute risk assessment 757 aetiology 757 diabetes mellitus 720 monitoring and evaluation 762-3, 762 prevalence and costs 756-7 prevention 247, 757–8 and rheumatoid arthritis 619-20 vegetarian/vegan diet 135 see also specific conditions care homes 100-1 carers consent information for 144 dementia patients 642-3 caries 385–7 causation 385-7, 385 food texture 387 frequency of exposure 386–7 oral hygiene 387 salivary flow 387 tooth decay resistance 387 type of carbohydrate 386 carnitine 598 carotenoids, in immune response 658 catch-up growth 172-3 catechins 296 catechol-O-methyltransferase inhibitors CD4 T cell count 701 celery allergy 686





| cereals 116 |
|--|
| cereals 116 |
| |
| beta-glucan enrichment 296, 297 |
| cerebral palsy 147, 149, 181 |
| cerebral salt wasting syndrome 886 |
| cervical cancer 842 |
| CFS/ME see chronic fatigue syndrome/ |
| myalgic encephalomyopathy |
| Change4Life 110, 246–7 248 |
| chemotherapy |
| dietary care 811 |
| gynaecological cancers 842 |
| lung cancer 839–40 |
| oesophageal cancer 828 prostate cancer 847 |
| side effects 818–19, 820 |
| Child Poverty Action Group 107 |
| children 159–219 |
| anthropometry 162–6, 164 |
| see also specific measurements |
| autism 147, 179–81 |
| biochemistry/haematology 166, 166 |
| burn injuries 216–18 |
| cancer 208–10, 209 |
| clinical assessment 166 |
| coeliac disease 192, 438 |
| community paediatrics 178–9 |
| critical illness 211–14, 212 |
| cystic fibrosis 193–5, 502–14 dental health 389 |
| |
| diabetes mellitus 204–6, 722–3, |
| 722 EARs 931 |
| enteral nutrition 184–8, 963–70 |
| food hypersensitivity 201–3 |
| gastroenterology 191–3 |
| general medicine 182–3 |
| general surgery 219 |
| growth and development 160-4 |
| growth faltering 170–6 |
| healthy eating 246–7 heart disease 206–8, 207 |
| heart disease 206–8, 207 |
| HIV/AIDS 203–4 |
| inflammatory bowel disease 192 |
| inherited metabolic disorders |
| 199–201, 200 |
| liver disease 195–6 malnutrition 166–7, 166 , 174 |
| |
| neurological disorders 198–9 neurosurgery 214–16 |
| nutritional assessment 162, 172, |
| 172 |
| nutritional requirements 167–8, |
| 167, 168, 237 |
| obesity 245, 727, 728, 750–5 |
| oral nutritional support 183–4, |
| 184 |
| parenteral nutrition 188–91 |
| physical disabilities |
| preschool see preschool children |
| renal disease 196–8 |
| school-aged see school-aged children |
| special needs 181–2 |
| vegetarian/vegan diet 136–7 |
| see also adolescents; infants; |
| preterm infants children's centres 245 |
| Chinese 123–4 |
| festivals 123 |
| food preparation 123–4 |

meal pattern 124 traditional diet 123 chloride atomic weight/valency 949 conversion factors 949 normal value 952 NRV 280 RNI 933 chocolate, avoidance in orofacial granulomatosis 404 cholestasis, cardiovascular risk 778-9 cholesterol 777 blood levels raised 778-9, 784 target 782 dietary 761 HDL **701**, 778 LDL **701**, 778, 785 normal value 952 recommended intake 780 total 136, 520, 701, 705, 757 cholesterol absorption inhibitors 785 chondroitin 616 chromium 930 deficiency 930 food sources 930 NRV 280 RNI 930 toxicity 930 chromosomal abnormalities 289, chronic fatigue syndrome/myalgic encephalomyopathy 576-81 classification of symptoms 576-7 complementary therapies 580 diagnosis 576 non-pharmacological interventions 578-9 nutrition problems 577 nutritional assessment 578 nutritional management 579-80 pharmacological interventions 578 prevalence 577 prognosis 577 chronic kidney disease (CKD) 197, 516-32 aetiology 516-17, 516 diagnosis and classification 516, 516 disease consequences 517 drug-nutrient interactions 529 haemodialysis 524-6 kidney transplantation 528-30 long-term dietetic care 531-2, 532 management stage 1-3 520-2 stage 4 522-4 stage 5 524 nutritional assessment 519-20 nutritional consequences and complications 518–19, **518**, *519* peritoneal dialysis 526-8 public health aspects and prevention 517, *517* chronic obstructive pulmonary disease (COPD) 375-80 clinical management 378 diagnosis and classification 375-6, 376

disease burden 376 disease processes 376 economic and social status 377-8 nutritional assessment 377 nutritional impact 376-7 nutritional requirements 378-9, nutritional support 379-80 and osteoporosis 611 chylomicronaemia syndrome 784 chylomicrons 778 chylothorax 208 ciclosporin 529, 851 Cinacalcet 529 cinnamon, sources of 403 cinnamon and benzoate free diet 403-4, 403 cirrhosis see liver and biliary disease citrate 543 clean diets 511, 529 client centredness 28 Climate Change Act (2008) 235 clinical chemistry 949-53 clinical governance 10-11 clinical psychologists 645-6 clozapine 149 cobalamin see vitamin B12 cod liver oil 95, 306, 618 code of conduct 7 Codex Alimentarius Commission 273-4 Codex wheat starch 437 coeliac disease 426-42, 660 adolescents 438 adults 438 associated conditions 429-30, 437 children 192, 438 clinical presentation 427-8 with diabetes mellitus 429, 437 diagnosis 428 diet-related problems 436-7 dietary balance 435 features of 426 gluten-free foods 278, 431, 434–5, 434, 435 long-term consequences 428–9 management 430-6 oats toxicity 426, 431, 435 older adults 438-9 onset and prevalence 427 pregnancy 438 weaning 437–8 coenzyme Q 550, 580 cognitive behaviour therapy 27, 578, colestyramine 458 collaboration 28 colloids 876 colon disorders 467-74 constipation see constipation diarrhoea see diarrhoea diverticular disease 472-3 irritable bowel syndrome 460-6 colorectal cancer 831-3 coma 881 Glasgow Coma Score 881 commercial slimming organisations

741-2





| Common Agricultural Policy (CAP) |
|--|
| 247-8 |
| communication skills |
| behavour change 28–30 |
| brain injury 583 |
| dietary modification 21 |
| |
| see also specific skills |
| community mental health teams |
| 646–7 |
| community paediatrics 178–9 |
| complementary/alternative (CAM) |
| therapies 305–11 |
| CFS/ME 580 |
| dietary regimes in cancer 812-14, |
| 813 |
| evidence base 310 |
| herbal medicine 309–10, 309 |
| nutritional supplements 244, |
| 306–8 |
| 200 |
| osteoarthritis 617 |
| professional regulation 306 |
| composition of diet, manipulation of |
| 21 |
| conduct see professional conduct |
| confidentiality 14–15 |
| congenital heart disease 206–8, |
| 207 |
| anthropometry 208 |
| complications 208 |
| feed administration 208 |
| |
| physiology 206 |
| surgery 207–8 congestive heart failure 206 |
| |
| consent to treatment see informed |
| consent |
| constipation 467–70 |
| brain injury 587 |
| Bristol Stool Chart 468 |
| causes 468 |
| coeliac disease 437 |
| Guillain–Barré syndrome 564, |
| 565 |
| hepatic encephalopathy 488 |
| |
| laxatives 300, 469 |
| and learning disability 153–4 |
| palliative care 862 |
| Parkinson's disease 551, 553 |
| peritoneal dialysis 527–8 |
| in pregnancy 90 |
| psychotropic drug-induced 652 |
| Consumer Attitudes Survey 248 |
| continuing professional development |
| 16–17, 17, 18, 230 |
| COPD see chronic obstructive |
| pulmonary disease |
| copper 928 |
| burn patients 903 |
| |
| children 166 |
| deficiency 928 |
| food sources 928 |
| function 928 |
| in immune response 659 |
| NRV 280 |
| RNI 928, 933 |
| toxicity 928 |
| wound healing 917 |
| corneal arcus 782 |
| Cornelia de Lange syndrome 148 |
| COLLICITA DE LATISE SYTHULUITE 140 |
| coronary artery bypass graft 771 |

coronary heart disease 765-77 atherosclerosis 657, 767, 767 cardiac cachexia 774 cardiac rehabilitation 771-2, 771 chronic heart failure 772-4, 773 drug-nutrient interactions 775 investigation 765 management 769-72, 770, 771 pathogenesis 766-7 public health prevention strategies 774–5, **775** risk factors **766**, 768 role of diet in 768-9 thrombosis 767-8 corporation tax 228 corticosteroids alcoholic hepatitis 491 cancer cachexia 857 nutritional interactions 300, 529 counsellors 646 Counterweight programme 740-1 cow's milk allergy 679-81, 680, 681 introduction of CPD see continuing professional development cranberry juice drug interactions 302 renal stone disease 544 creatine phosphate 258 creatinine HIV/AIDS 701 normal value 952 Creutzfeldt-Jakob disease 639 critical appraisal 13, 921 critical care medicine 660, 865-80 aspiration risk 873 children 211-14, 212 choice of feeding route 868-9 diagnosis and classification 865-6, 866 disease consequences 866-7 drug-nutrient interactions 868 energy requirements 213, 322-3, 869, 871 enteral nutrition 873-4 equipment 867 feed composition 213 fluid balance 876-7 gastric residual volumes 872-3 glycaemic control 874 interruptions to feed 872, 873 metabolic response to starvation metabolic response to trauma 866 nutritional assessment 867-8, 868 nutritional consequences 867, 867 nutritional management 868-77 obese patients 870-2 overfeeding 872 predictive equations 870 protein requirements 213, 869-70, 871-2, 871 type of feed 211, 213 see also specific conditions Crocus sativus 80 Crohn's disease see inflammatory bowel disease crystalloids 876 cultural influences 23

curries 115, 117 cystic fibrosis 193-5, 502-14 aetiology 502-3 complications 194 and diabetes mellitus 510-11 diagnostic criteria and classification 503 disease consequences 503-4 disease process 503 distal intestinal obstruction syndrome 511 drug-nutrient interactions 512 feeding 194 growth evaluation 194 in infants 509-10 and liver disease 511 low bone mineral density 511-12 lung or heart/lung transplantation 511 monitoring dietary effectiveness nutritional assessment 505 nutritional consequences 504-5 nutritional management 505-7 nutritional requirements 193-4, 507-9 nutritional support 194 pancreatic insufficiency 193 preconception period 510 and pregnancy 510 prevalence 502 cystine renal stones 546, 546 cytokines 866 cytotoxic drugs, nutritional interactions 300

dairy foods recommended intake 240, 243 see also milk dairy free diet 813, 836 dehydration 56, 367 brain injury 587 dementia 640 older adults 95, 97, 97 see also fluid balance dementias 637-43 Alzheimer's disease 638 Creutzfeldt-Jakob disease 639 diagnosis and management 639-40 dietary management 641-2 drug-nutrient interactions 643 frontotemporal 639 Lewy body 639 multi-infarct 638-9 needs of carers 642-3 nutritional assessment 640-1 nutritional implications 640 small vessel disease 639 vascular 638-9 Demiquet 51, 945 demispan 50 dental disorders 385-90 caries see caries erosion 387-8 periodontal disease 388 protective measures 388, 388 special groups 389 Department for Environment, Food and Rural Affairs (DEFRA) 234

Department of Health 234





dietetics

| depression 645 |
|--|
| see also mood disorders |
| |
| dermatitis herpetiformis and coeliac |
| disease 429–30 |
| Devil's claw (Harpagophytum |
| procumbens) 617 |
| Diabetes Education and Self- |
| Management for Ongoing and |
| Newly Diagnosed (DESMOND) |
| 21 |
| diabetes insipidus 886 |
| diabetes mellitus 711–26 |
| adolescents 205, 722–3, 722 |
| children 204–6, 722–3, 722 |
| comorbidities 723–4 |
| complications 720–1 |
| and cystic fibrosis 510–11 |
| diagnosis and classification 712 |
| |
| disease consequences 713–14 |
| disease processes 712–13 |
| and dyslipidaemia 785 |
| external agency residents 724 |
| fasting 724 |
| gastroparesis in 410 |
| gestational 76, 86, 510, 712 |
| and haemodialysis 526 |
| historical aspects 711–12 |
| and liver disease 493, 495–6 |
| management |
| clinical 715–17 |
| glycaemic control 718, 721 |
| insulin therapy 715–16 |
| physical activity 714, 717, 722, |
| 723 |
| maturity-onset diabetes of the young |
| 712 |
| mortality and morbidity 713 |
| nutritional assessment 714–15 |
| nutritional management 717–24 |
| older adults 723 |
| palliative care 724 |
| patient education 718, 723 |
| and peritoneal dialysis 527 |
| |
| Poor |
| in pregnancy 723 |
| public health aspects and prevention |
| 714 |
| secondary 712 |
| type 1 712, 715–16 |
| children 204–5 |
| and coeliac disease 429, 437 |
| type 2 712, 716 |
| children 205, 723 |
| diabetic nephropathy 713 diabetic neuropathy 713–14 diabetic retinopathy 713 |
| diabetic neuropathy 713–14 |
| diabetic retinopathy 713 |
| diarrhoea 470–2 |
| causes 470 |
| definition 470 |
| disease consequences 471 |
| disease process 470 |
| and enteral nutrition 352 |
| gastric carcinoma 830 |
| management 471–2 |
| nutritional assessment 471 |
| nutritional consequences 471 |
| palliative care 862 |
| post-gastrectomy 408 |
| |

didactical behavioural therapy 647 diet(s) Best Bet 573 Bristol Cancer Centre Diet 813 cardioprotective (Mediterranean) cinnamon and benzoate free 403-4, 403 dairy free 813, 836 exclusion 22, 22, 23 food hypersensitivity 672, 673 rheumatoid arthritis 619 global perspective healthy 234-6, 236 ketogenic 198-9, 547 LOFFLEX 446-7 portfolio 782 Swank 573 Ultimate Cholesterol Lowering Plan 782 very low calorie 738 dietary advice see nutritional management dietary assessment 57, 61-6, 62 children 162, 172, 172 clinical practice 63 data use 63-4 diet history 62-3 duplicate sample technique 63 estimated food quantities 64 food frequency questionnaires 63 measurement error 64-5 number of days 61-2 recall methods 62, 63 research 63 short frequency questionnaires 63 weighed food record inventory see also nutritional assessment; and individual conditions dietary conversion factors 938 dietary (food) fortification 183, 337-8, 341 dietary guidelines 237–8, 238 dietary induced thermogenesis 319 dietary management growth faltering 172-3 see also individual conditions dietary modification 20-4 achievability 21 motivation 21 principles 20-1 process 22-4 rationale 22-3 types of 21-2, 22 dietary reference intake 43 dietary reference values (DRVs) 41-6, 236-7, 931-3 definitions 43 development of 41-2, 42 factors affecting 43 limitations 42, 44 uses of 44 see also specific nutrients dietetic consultation 30–5 elements of 31-5 framework 30, 31, 32 setting 30 dietetic diagnosis 10

freelance see freelance dietetics see also professional conduct; professional practice dieting, inappropriate see eating disorders disability see learning disabilities; physical disabilities disaccharidase deficiency 424 disordered eating 645 dissemination of information 16 diuretics 487 and gout 623 nutritional interactions 300, 529 diverticular disease 472–3 dong quai 309 dopamine antagonists 552 dopaminergic drugs, nutritional interactions 300 Dose Adjustment for Normal Eating (DAFNE) 21 Down's syndrome 144-5, 289, 290 and coeliac disease 429 dementia in 639 doxepin 149 drinks see liquid nutrition drug interactions herbal medicine 310 nutritional supplements 308 pancreatic disorders 419 see also drug-nutrient interactions drug-induced weight gain 149 drug-nutrient interactions 77, 299-304 alcohol 304 burn injuries 903 cancer 814 chronic kidney disease 529 clinical significance 303-4 coronary heart disease 775 critical care medicine 868 cystic fibrosis 512 dementia 643 effects of drugs on nutrition 302-3 food intake 302 nutrient absorption 303 nutrient excretion 303 nutrient metabolism 303 effects of nutrition on drugs 299-302, 300, 301 drug absorption 301, 301, 303 drug excretion 301, 302 drug metabolism 301, 302 drug transport 301, 302 enteral nutrition 350, 354 haematological cancers 853 HIV/AIDS 707-8 large bowel resection 458 liver disease 497 Parkinson's disease 554 psychotropic drugs 649-53, 650-1, 652 Refsum's disease 592 stroke 802-3 traumatic brain injury 882 wound healing 918 DRVs see dietary reference values dry mouth (xerostomia) 341





dumping syndrome 408, 830 duodenal atresia 219 duodenal disorders 406-9 see also specific disorders duodenal switch 746, 748, 749 duty of care 6, 150, 153, 345, 646, 653 dynamometry 54 grip strength 483 dysautonomia see autonomic failure dyslipidaemia 492, 777–88 associated conditions 784 cardiovascular risk 778-82 diagnosis and classification 782-5, 783, 784 dietary management 785-6, 786 drug treatment 785 drug-induced 784 HIV/AIDS 705 hyperlipidaemia see hyperlipidaemia lipid metabolism 777–8 post-kidney transplantation 530 primary (familial) 783-4 renal disease 518-19 secondary (acquired) 784-5 dyspepsia 407 dysphagia 391-9, 394 assessment 393-4 brain injury 584 care team 392, 393 causes 392 consequences 392 continuity of care 398 dementia 640 fluid needs 397 Guillain-Barré syndrome 564, 565 high risk foods 396 and learning disability 150-2 management 392-7 monitoring progress 398 motor neurone disease multiple sclerosis 574 myasthenia gravis 566 normal swallow 391–2 nutritional needs 341, 397 palliative care 861 Parkinson's disease 553 patient and carer education 397-8 safe feeding route 394–5 stroke 798 texture and consistency of foods 394-7, 396 traumatic brain injury 887-8 warning signs 393, 394 E numbers 278-9, 404, 941 see also food additives early satiety 173, 206, 207, 302, 339, 340, 362, 379, 407, 408, 481 EARs see estimated average requirements eating assistant strategies 642 eating behaviour 23-4, 583 in dementia 640 eating disorders 626-37 diagnosis and classification 627,

dietetic assessment 631-2

epidemiology 629 historical perspective 626–7 identification in dietetic practice 631, 631 management 630-1, 632-5, 633, 634 medical and nutritional effects 629-30 partial and mixed syndromes treatment outcome 633 see also specific disorders eating well 241-4, 242 eatwell plate 238-40, 239, 240 echinacea 309 eczema, and food sensitivity 667 allergy 685-6 foods containing 685 omega-3 enriched 297 recommended intake 240, 243 eicosopentaenoic acid 418-19 elderly see older adults electrolytes 55-6, 365-71 children 167 critical care patients 876–7 parenteral nutrition 189, 361 renal disease 534 traumatic brain injury 886 see also specific electrolytes elemental/peptide feeds 349 empathy 27 empowerment 28 emulsifiers 942 endometrial cancer 842 endothelial dysfunction and diet 768-9 energy conversion factors 69, 69, 281 DRV 44 EARs **931** nutrient energy yields 938 energy content 280 energy dense foods 183, 184 energy expenditure basal metabolic rate 317-18, 318 cystic fibrosis 503–4 Huntington's disease inflammatory state 318-19 liver disease 481 physical activity 319 resting 318 see also calorimetry energy requirements 317-20 activity level 318 adolescents 237 basal metabolic rate 317-18 burn patients 901, 902 children 168, 168, 172-3, 173 chronic renal failure COPD 378 critical care medicine 212, 322-3, 869, 871 cystic fibrosis 193-4, 503, 507 dementia 640 dietary-induced thermogenesis 319 disease states 318-19

haemodialysis 525 Harris-Benedict equation 871, 884, 902 HIV/AIDS 702 in immune response 656 inflammatory bowel disease 444 neurosurgical injury 215 obesity 321-2, 322 older adults 93, 97 parenteral nutrition 189, 189 peritoneal dialysis 527 post-kidney transplantation 529, prediction of 319-20, 320, 948, 948 pregnancy 85 preterm infants 177 renal disease 521, 523, 534 resting energy expenditure 318 Schofield equation 44, 207, 213, 558, 884, 901 spinal cord injury 893-4 sports nutrition 253 traumatic brain injury 884, 886 tuberculosis 381 weight loss/weight gain 737 enteral nutrition 344-56, 954-70 bolus feeding 348 cancer 822-4 children 184-8, 963-70 feed initiation 185 feeding methods 185, 187, 187 formulae 184-5, 186 home enteral feeding 187 indications for 186 overnight feeding 187 routes of 185, 187, 187 complications 187, 350-3 accidental tube removal 352-3 aspiration 351-2 buried bumper syndrome 353 diarrhoea 352 microbial contamination 352 refeeding syndrome 56, 213, 322, 350-1 stoma site problems 353 tube blockage 352 continuous feeding 348 critical care medicine 873-4 critical illness 213 cystic fibrosis 508-9 drug-nutrient interactions 350, 354 elemental/peptide feeds 349 equipment 187, 353 feed delivery 348 formulae 184-5, 186, 348-9, 349 home 187, 353-4, 354 immune modulating formulae 874 indications for 185, 344 inflammatory bowel disease 445-6 infusion rate 348 liver disease 490 monitoring 350, 351 neurosurgical injury 215 pancreatic disorders 418 preterm infants 177, 177 routes of 185, 187, 187, 345-8

GDA 280





fibre

| enteral nutrition (cont'd) |
|--|
| gastrojejunostomy 347 |
| gastrostomy 185, 346-7 |
| jejunostomy 185, 347–8 |
| nasoduodenal/nasojejunal 185, |
| 347 |
| nasogastric 185, 345–6 |
| orogastric 185, 345 |
| specialist formulae 960, 966-7 |
| standard feeds 959, 965 |
| traumatic brain injury 886-7 |
| weaning from 353 |
| whole-protein (polymeric) feeds |
| 349, 349 |
| withholding/withdrawing 344-5 |
| enterocutaneous fistulae 358, 907 |
| environmental assessment 57–8 |
| environmental factors |
| food choice 235–6 |
| obesity 731–2 |
| vegetarian/vegan diet 131–2 |
| enzyme deficiencies 665 |
| eosinophil count 952 |
| epigenetic conditions 290 epilepsy 198–9 |
| EPODE programme 110 |
| ergogenic aids 258 |
| erythrocyte sedimentation rate 952 |
| erythropoietin 529 |
| essential fatty acids 45, 360 |
| CFS/ME 580 |
| deficiency 189 |
| Guillain-Barré syndrome 565 |
| premenstrual syndrome 79 |
| estimated average requirements (EARs) |
| 43, 236, 931 |
| estimated energy requirement 43, |
| 931 |
| ethical beliefs 23 |
| ethical competence 8 |
| ethical frameworks 8 |
| ethics 7 |
| enteral nutrition 344–5 |
| palliative care 862–3, 863 |
| parenteral nutrition 358 |
| research governance 14–15 |
| ethnic minority groups 112–28 |
| Afro-Caribbeans 122 Arabic populations 119–22 |
| Chinese 123–4 |
| Greeks 126–7 |
| information collection 113 |
| Jewish 124–5 |
| Polish 125–6 |
| relative deprivation 113 |
| Somali 127 |
| South Asian populations 113–19, |
| 114, 115, 116 |
| Turkish 126 |
| West Africans 122–3 |
| European Food Safety Authority 678 |
| European Foods for Particular |
| Nutritional Uses (PARNUTs) |
| directive 274 |
| European school milk scheme 246 |
| European Union |
| food legislation 273, 274, 275, 678 |
| Food Safety Authority 297, 297 |
| evaluation 13–14 |

evening primrose oil 79 evidence based practice 12-16 critical appraisal 13-14 levels of evidence 13 literature searching 12–13 PICO principle 12 research governance and ethics 14-15, 15 research process 14, 15-16 see also specific elements exclusion diets 22, 22, 23 food hypersensitivity 672, 673 rheumatoid arthritis 619 exercise see physical activity exomphalos 219 extracellular fluid compartment 366 faecal incontinence 470 see also diarrhoea faltering growth see growth faltering familial combined hyperlipidaemia familial dysbetalipoproteinaemia 784 familial hypercholesterolaemia 783 familial hypertriglyceridaemia 783 familial lipoprotein lipase deficiency 783 family therapy 647 family trees 290-1, 292 fasting diabetes mellitus 724 fatty acid oxidation disorders 598 pre-surgery 906 Refsum's disease 592 religious 117, 118-19 cardioprotective diet 758-60, 759, 760, 761 DRVs 45 fasting 701 malabsorption 420, 421, 423 metabolism 777-8 parenteral nutrition 189, 360-1 sports nutrition 254 trans 786 wound healing 917 fat requirements cystic fibrosis 507 diabetes mellitus 720, 723 GDA 280 in pregnancy 87 fatty acid oxidation disorders 597-8 fatty acids 618-19, 618 essential see essential fatty acids in immune response 657 monounsaturated 786 n-3 polyunsaturated 786 n-6 polyunsaturated 786 omega-3 see omega-3 fatty acids polyunsaturated 786 vegetarian/vegan diet 132-3 fee structure 228 female athlete triad 253 ferritin 952 children 166 HIV/AIDS 701 fertility 84 feverfew 310 fibrates 785

analysis 69 45 DRVs intake in dyslipidaemia 780 recommended 760-1 in premenstrual syndrome 79 renal stone disease 541 fibre content 280-1 fibre requirements cystic fibrosis 194, 507 diabetes mellitus 720 GDA 280 Parkinson's disease 553 fish allergy 684-5 oily 759–60, 759, 760 recommended intake 240, 243 fish oils 759-60, 759, 760, 785 critical care medicine 874-5 lung cancer 840 renal stone disease 543 Five a Day programme 109 flavonoids 61, 296 flavourings 404 fluid balance 321, 322-3, 365-371 autonomic failure 568 critical care medicine 876-7 disorders of see fluid imbalance fluid restriction 487 fluid retention 49 haemodialysis 526 intestinal failure 452 Parkinson's disease 553 peritoneal dialysis 527 post-kidney transplantation 529 renal disease 519, 521, 523, 534 renal stone disease 541, 543 sports nutrition 255-7, 256 traumatic brain injury 886 wound healing 918 see also electrolytes; hydration status fluid compartments 365-7, 366 fluid imbalance 322, 367-8 dehydration see dehydration overhydration see overhydration fluid intake cystic fibrosis 194 during sports 256-7, 256 dysphagia 397 older adults 95, 97 reference values 366 see also fluid balance; fluid imbalance; hydration status fluid losses in burn injury 899 fluid movement, factors affecting hydrostatic pressure 366 plasma osmolality 950, 952 fluid overload 483, 486, 497, 519 fluid requirements 167-8, 167, 321 burn injuries 217 children 167–8, 167, 168 preterm infants 177 fluoride 45 and dental caries 385, 387, 388 NRV 280 fluorine 308 fluorosis 56





| folic acid 925 |
|---|
| |
| and cardioprotection 761 |
| children 166 |
| deficiency 925 |
| food sources 85, 925 |
| function 925 |
| HIV/AIDS 701 |
| in immune response 658 |
| inflammatory bowel disease 444 |
| mood disorders 648 |
| and neural tube defects 85 |
| normal value 952 |
| NRV 280 |
| older adults 94–5 |
| post-bariatric surgery 749 |
| in pregnancy 86 |
| preterm infants 177 |
| RNI 925, 932 |
| |
| food additives 278–9, 941–2 |
| allergens 278, 687–8 |
| consumer attitudes to 279 |
| food allergy see food hypersensitivity |
| food aversion 90, 392, 411, 664 |
| food borne infections 529–30 |
| food challenges 674–5, 676, 677 |
| food choices 235–6, 236 |
| factors affecting 22–3 |
| food colourings 941 |
| food composition tables 67–72 |
| conversion factors 69, 69 |
| currency of data 70 |
| derivation of 68–9 |
| errors in using 71 |
| limitations of 70–1 |
| lack of information on |
| bioavailability 71 |
| variability between foods |
| |
| |
| consumed and food table values |
| consumed and food table values 70–1 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion <i>see</i> exclusion diets; and |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion <i>see</i> exclusion diets; and |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 specific allergens 671–2 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 specific allergens 671–2 specific IgE tests 671 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 specific allergens 671–2 specific IgE tests 671 dietary management 202–3, 677–8 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 specific allergens 671–2 specific IgE tests 671 dietary management 202–3, 677–8 disease consequences 667 |
| consumed and food table values 70–1 McCance and Widdowson 67–8, 68 national 67–8, 68 role of 68 sampling procedure 69–70 food cravings 76, 627 Food and Drugs Act (1938) 273 food enrichment 296, 297 food exchange lists 180, 180, 939 food exclusion see exclusion diets; and individual foods food fortification 183, 337–8, 341 food frequency questionnaires 63 food groups 240 food hypersensitivity 657, 663–95 associated conditions 666–7 children 201–3 classification 663–4, 664 diagnosis 663–4, 670–7, 670 atopy patch tests 672 exclusion diets 672, 673 food challenges 674–5, 676, 677 food reintroduction 675–6 oral provocation tests 672, 674 skin prick tests 671 specific allergens 671–2 specific IgE tests 671 dietary management 202–3, 677–8 |

immune-mediated 664 mechanisms 664-5, 665 non-allergic 665, 666 non-IgE mediated 192, 665, 665, 666, 679 nutritional consequences 669-70 prevalence 663 prevention 667–9, **669** symptoms 665-6, 666 treatment 202 triggers 666, 679–88 food intake see nutritional assessment food intolerance CFS/ME 577, 579 inflammatory bowel disease 447 rheumatoid arthritis 619 food labelling 244, 276–81, 276, 281 European law 678 gluten 431, 431 may contain 678 nutrition and health claims 281-2, 282-4 nutrition labelling 279-80, 280 regulations 276-9, 277 allergens 278 durability 278 food additives 278-9 ingredients 247, 278 product name 277 Food Labelling Regulations (1996) 279-80, 279 food legislation 273-84 enforcement of 276 Food and Drugs Act (1938) 273 Food Labelling Regulations (1996) 279-80, 279 Food Safety Act (1990) 274-5 history of 273 international 273-4 labelling see food labelling regulations and directives 274 food neophobia 162 food portion sizes 940 see also dietary modification food poverty 106 food preferences 23 food refusal mental illness 640 neurological disorders 587 in toddlers 174, 197, 205 food reintroduction 675-6 Food Safety Act (1990) 274-5 food safety in pregnancy 88-9 food service 260-72 armed forces 271-2 hospitals and institutions 260-9 prisons 269-71 Food Standards Agency 233, 275 Food Standards Agency Scotland 234 food texture and dental caries 387 dietary manipulation 21 dysphagia 394-7, 396 Food and You Survey 248 food-drug interactions see drugnutrient interactions foods for special medical purposes (FSMPs) 274 formula feeding see infant formulae

 $lacktrian{ }{ }$

fortified food 183, 337-8, 341 foscarnet 851 fragile X syndrome 148 France, EPODE programme 110 Fredrickson classification of dyslipidaemia 783 freelance dietetics 223–30 business planning 224, 226-7 equipment, resources and paperwork 226 holiday cover 227 income and cash flow 226 office accommodation 226-7 type of business 226 clients 224, 225 continuing professional development 230 maintaining and expanding business 229 lack of work 229 motivation 229 qualifications and experience 224 self-employed status 223-4 setting up 227–9 advertising and marketing 229 banking 227 book keeping 228-9 contracts 229 fee structure 228 help and support 229 insurance 227-8 pension provision 228 taxation and national insurance 228 work opportunities 224, 225 frontotemporal dementia 639 hereditary intolerance 200 malabsorption 424-5 renal stone disease 544 fructose-1,6-biphosphatase deficiency 200 fruit allergy 686 fruit and vegetables recommended intake 240, 241-3, School Fruit and Vegetable Scheme 246 fulminant hepatic failure 486, 491-2 functional foods 295-8, 296 categories of 296 definition 295-6 diabetes mellitus 721 examples 296-7, 296 history and development 295 ingredients 296 regulation 297, 297 fundoplication 219 fussy eating 173-4 galactosaemia 200, 599-600, 600 gallates 942 garlic 761 gastrectomy 408-9 gastric band 746, 747, 749 gastric bypass 746, 749

gastric carcinoma 829-30

bile vomiting 830

anaemia 830





| gastric carcinoma (cont'd) |
|---|
| diarrhoea 830 |
| dumping syndrome 830 |
| malabsorption 830 |
| small stomach syndrome 830 |
| weight loss and malnutrition 830 gastric disorders 406–9 |
| see also specific disorders |
| gastric dysmotility 564, 565 |
| gastric electrical stimulation 412 |
| gastric motility 409–10, 410 |
| gastric resection/reconstruction |
| 408-9, 829-30 |
| gastritis 407 |
| gastro-oesophageal reflux disease 191, 406–7, 406 |
| and learning disability 152 |
| and tooth erosion 387 |
| gastroenterology in children 191–3 |
| gastrointestinal disorders 400–514 |
| cancer 826–34 |
| coeliac disease 426–42 |
| colon disorders 467–74 |
| cystic fibrosis 193–5, 502–14 |
| and food sensitivity 667 gastroparesis 409–15 |
| inflammatory bowel disease |
| 442–50 |
| intestinal failure/resection 450–60 |
| irritable bowel syndrome 460-6 |
| liver and biliary disease 474–502 |
| malabsorption 420–6 |
| orofacial granulomatosis 401–5 |
| pancreas 415–20 |
| stomach and duodenum 406–9 upper aerodigestive tract 400–1 |
| gastrointestinal motility, postoperative |
| 908 |
| gastrointestinal secretions 909 |
| gastrojejunostomy feeding 347 |
| see also enteral nutrition |
| gastroparesis 409–15 |
| causes 410 |
| investigation and management 412–13 |
| nutritional assessment 411–12 |
| nutritional consequences 411 |
| symptoms 410–11 |
| traumatic brain injury 884 |
| gastroschisis 219 |
| gastrostomy feeding 185, 346 |
| liver disease 490 |
| motor neurone disease 560, 560 |
| percutaneous endoscopic placement 346 |
| radiological placement 347 |
| surgical placement 347 |
| tube removal/replacement 346–7 |
| see also enteral nutrition |
| GDAs see guideline daily amounts |
| gelling agents 942 |
| General Food Law Regulation (EC) |
| 178/2002) 275 |
| genes 287 genetics 287–91 |
| communication of information |
| 291 |
| epigenetic conditions 290 |
| family trees 290–1, 292 |

mode of inheritance 287–90, 288-9 somatic mutations 290 see also nutritional genomics; and individual conditions genuineness 27 germanium Gerson therapy 813 gestational diabetes 76, 86, 510, 712 ghatura ginger gingivitis 388 Gingko biloba 80, 309 ginseng 309 gliptins 716 glitazones 592 glucagon-like peptide 2 455-6 gluconeogenesis 866 glucosamine 616 glucose critical illness 212 fasting 701 neurosurgical injury 214-15 normal value 952 glucose oxidation rate, critical illness 213 glucosinolates glutamine burn patients 902–3 cancer patients 853 critical care medicine 875 inflammatory bowel disease preterm infants glutamyl transferase 484 gluten contamination 431 dietary sources 431, 432-3 and schizophrenia sensitivity 437, 660 see also coeliac disease gluten-free foods 278, 431, 434–5, 434, 435 multiple sclerosis glycaemic control critical care medicine 874 diabetes mellitus 718, 721 surgery 909 glycaemic index 719 and weight loss 738 glycaemic load 720 glycogen reserves 254 glycogen storage diseases 200, 600-1 glycosylated haemoglobin (HbA1c) conversion chart 953 see also diabetes mellitus GORD see gastro-oesophageal reflux disease gout 622-5 clinical management 623 diagnosis 622 dietary and lifestyle management 623–4, **624**, 762 prevalence 622 risk factors 622-3 graded exercise therapy 578 graft versus host disease 850 grapefruit juice, drug interactions 302, 802 grass pollen allergy 686

Greeks 126-7 grip strength 483 group therapy for weight loss 740 growth 160-2 catch-up 172-3 cystic fibrosis 194 postnatal 160 prenatal 160 preterm infants 177 velocity 160 growth charts 162-4 adult height prediction 164 faltering growth 171, 171 interpretation of centile lines 163 percentage weight loss 163 plotting on 163 preterm infants 163 UK-WHO 163 UK1990 163 growth faltering 170-6 acute/chronic 171 autism 180 behavioural management 173-4 dietary management 172–3 non-organic 172 nutritional assessment 172, 172 organic 171-2 prevalence 170-1 psychological aspects 173 growth monitoring 171 guideline daily amounts 280 Guillain-Barré syndrome 563-5 Gujarat, traditional diet 116, 117 gums 942 gynaecological cancers 841-4 nutrition 842-3 survivorship 843 haematocrit 952 haematological cancers 849-55

diagnosis 849 drug-nutrient interactions 853 nutritional assessment 850-1, 851 nutritional requirements 851 treatment 849-50 haematological reference ranges 950-1haematological tests in children 166, 166 haematopoietic stem cell transplantation 210 haemochromatosis 479, 492 haemodialysis 524-6 haemoglobin 952 in children 166 haemoglobin A1c see glycosylated haemoglobin haemostasis and diet 768 handgrip strength 700 Harris-Benedict equation 871, 884, 902 head circumference 160, 164-5 head injury 881 head and neck cancers 815-26 dietetic management 820-2 nutritional effects of treatment 816-19, 817, 818-20 nutritional implications 815-16, 816





| nutritional management 819–22, 822 |
|--|
| nutritional monitoring 824 |
| nutritional screening 820 |
| nutritional support 822–4 |
| palliative care 824 health behaviour change <i>see</i> behaviour |
| change |
| Health and Care Professions Council 5–6, 6, 224, 306 |
| health claims for foods 281-2, 282-4 |
| health inequalities 234 |
| Health of the Nation 262 |
| Health Survey for England 248 Healthy Child Programme 245 |
| healthy eating 234–44 |
| dietary guidelines 237–8, 238 |
| eating well 241–4, 242 |
| eatwell plate 238–40, 239, 240 |
| Five a Day programme 109 |
| rood price and choice 235 |
| preschool children 244 principles 236 |
| Healthy Lives; Healthy People (White |
| Paper) 233, 247 |
| Healthy Start scheme 88, 245 |
| heart disease |
| in children 206–8, 207 |
| see also coronary heart disease |
| heart failure, chronic 772–3 |
| heartburn in pregnancy 90 height 50 |
| adult, prediction of 164 |
| children 165 |
| conversion table 934 |
| estimation from ulna length 50, 947, 947 |
| height age in children 165 |
| Helicobacter pylori, and learning |
| disability 152 |
| Helping Model 26 |
| hemiplegia 583–4 |
| Henry equations 318, 319, 884 hepatic carcinoma 489, 489 |
| hepatic encephalopathy 488–9, 488, |
| 494 |
| hepatis osteodystrophy 481–2 |
| hepatitis |
| alcoholic 478 |
| autoimmune 479 and HIV/AIDS |
| viral 479, 481, 493 |
| hepatorenal syndrome 497 |
| hepatosplenomegaly 783 |
| herbal medicine 309-10, 309 |
| drug interactions 310 |
| premenstrual syndrome 80 |
| problems associated with 309–10 hiatus hernia 407 |
| high density lipoproteins 701 , 778 |
| Hindus |
| dietary restrictions 116, 117 |
| fasting 117 |
| festivals and religious days 117 |
| geographical origin 114 |
| hip fracture |
| nutritional care 612–13 risk factors 611 |
| HIV-related lipodystrophy 705–6, 705 |

HIV/AIDS 660, 696-710 children 203-4 classification 696–7, 697 clinical investigation 698 complications altered glucose metabolism 705 bone disease 706 dyslipidaemia 705 lipodystrophy 705-6, 705 diagnosis 696-7, 697 drug-nutrient interactions 707-8 food and water safety 707 management 698, 698, 699 drug side effects 702 nutritional assessment 698-702, 700, 701 nutritional management 702-7, dietetic treatment 704 metabolic complications 704–6 micronutrient deficiencies 706-7, 706, 707 weight loss and wasting 702-4, **703**, 704 obesity 705-6, 705, 707 public health aspects and prevention 698 stigma 698 transmission 698 home enteral feeding 187, 353-4, 354 homocysteine 769 homocystinuria 598-9 hormone therapy in prostate cancer 846-7, 847 hospital/institutional food service 260-9 audit 268 eating environment 266 food distribution 267 food preparation and storage 267 food service at ward level 268 food waste 268 guidance and opinion 261-8, 261-4importance of good quality food 261 malnutrition in hospitals 260 menu planning 265-6, 265 public concerns 260 systems and food service 266 ward hostesses 266 hot flushes 82 Hotel and Catering International Management Association (HCIMA) human growth hormone, recombinant human immunodeficiency virus see HIV/AIDS Huntington's disease 639 hydration status 55–6 older adults 95, 97, 97 palliative care 861, 863 hydrostatic pressure 366 hyperactivity and food sensitivity 667 hypercalcaemia 369

palliative care 862

hypercalciuria, idiopathic 540–4 hypercholesterolaemia 783

hyperemesis gravidarum 90 hyperglycaemia parenteral nutrition 362 traumatic brain injury 884 hyperhomocysteinaemia 769 hyperkalaemia 369 critical care medicine 877 renal disease 519 hyperlipidaemia 492 renal disease 520 see also dyslipidaemia hypermagnesaemia 370 hypernatraemia 367, 368, 368 critical care medicine 876 renal disease 519 hyperoxaluria 540, 544-5 hyperparathyroidism chronic kidney disease 519 renal stone disease 544 hyperphagia 145, 146, 583 hyperphosphataemia 370 chronic kidney disease 519 hypertension 788–96 in Afro-Caribbeans classification 789 definition 789 and liver disease 492-3 management 790-3 dietary and lifestyle 791-3, 791 drug treatment 790-1 post-kidney transplantation 530 prevalence 789 prevention 793 prognostic significance 789 renal disease 520 risk factors 789-90 hypertriglyceridaemia chylomicronaemia syndrome 784 parenteral nutrition 362 polygenic 783-4 hyperuricosuria 541 hypnotics, nutritional interactions 650 - 1hypocalcaemia 369 hypocitraturia 541 hypoglycaemia CFS/ME 577 diabetes mellitus 721 reactive 496 hypoglycaemics nutritional interactions 300 in treatment of obesity hypokalaemia 368-9, 369 critical care medicine 877 hypomagnesaemia 370-1 hyponatraemia 367-8, 368 critical care medicine 876 psychotropic drug-induced 653 hypophosphataemia 370 IgE mediated food allergy 664-5 milk 679 symptoms 665-6

IgE tests 671

ileostomy 456

immune feeds 349

immune disorders 656–710 food hypersensitivity 663–95 HIV/AIDS 660, 696–710





| immune modulating nutritional |
|---|
| support 874, 902–3 |
| immune system 656–63 |
| and disease 657, 659–60, 660 |
| and exercise 661–2 neonates 661 |
| nutrient requirements 656–7, |
| 658–9, 660 |
| older adults 661 |
| immunonutrition 907 |
| incretin agonists 716 |
| infant formulae |
| concentrated feeds 184 |
| food hypersensitivity 668 |
| infants |
| breastfeeding see breastfeeding |
| cystic fibrosis 194, 509–10 |
| dental health 389 |
| diabetes mellitus 205 |
| formula feeding <i>see</i> infant formulae |
| gastroenterology 191–2 growth 160 |
| nutritional requirements 237 |
| preterm see preterm infants |
| weaning see weaning |
| see also children |
| infertility, male 84 |
| inflammation 769 |
| inflammatory bowel disease 442–50 |
| causation and risk factors 442 |
| children 192 |
| Clinical Colitis Activity Index 443 |
| clinical features 443 |
| dietary management 444–8 |
| Crohn's disease 445, 447 enteral nutrition 445–6 |
| formula diets 446 |
| maintenance of remission |
| 446–7 |
| ulcerative colitis 447 |
| drug treatment 443–4 |
| food intolerance 447 |
| lactose intolerance 447–8 |
| nutritional deficiencies 444 |
| nutritional implications 444–8 |
| prevalence 442 |
| probiotics 447 surgery 444 |
| symptoms and diagnosis 443 |
| information |
| exchange of 32–3 |
| management 10 |
| informed consent 14 |
| capacity for 143–4 |
| enteral nutrition 344 |
| ingredients labelling 278 |
| inheritance 287–90, 288–9 |
| inherited metabolic disorders 199– |
| 201, 200 , 594–604 |
| emergency regimens 602–3 fatty acid oxidation disorders |
| 597–8 |
| galactosaemia 200 , 599–600, 600 |
| glycogen storage diseases 200, |
| 600-1 |
| homocystinuria 598–9 |
| maple syrup urine disease 599 |
| nutritional supplements 961-2 |
| paediatric 968–70 |

organic acidaemias 597 phenylketonuria 148, 594-6, 595, 596 tyrosinaemia 599 urea cycle disorders 596-7 insulin 715–16 insulin pump 412, 716 insurance 227–8 intensive care unit see critical care medicine interpersonal skills 28 interpersonal therapy 647 intestinal failure 450-6 clinical investigations 452 clinical management 452 diagnosis and classification 450-1 nutritional assessment 451-2 nutritional consequences 451, 451 nutritional management 453-5, 454, 455 pharmaceutical management 452-3 intestinal obstruction 843 intestinal resection see large bowel resection intracellular fluid compartment 366-7 intragastric balloon 746, 747 intravascular fluid compartment 366 introduction of dietary components 22, 22 iodine 929 NRV 280 RNI 933 vegetarian/vegan diet 133 iron 927 adverse effects 308 burn patients 903 children 173 cystic fibrosis 508 deficiency 927 food sources 927 function 927 HIV/AIDS 706, 707 in immune response 657, 659 NRV 280 older adults 95 post-bariatric surgery 749 preterm infants 177 RNI 927, 933 spinal cord injury 894 supplements in pregnancy 88 toxicity 927 vegetarian/vegan diet 133 wound healing 917, 918 irritable bowel syndrome 460-6 assessment 462 CFS/ME 577, 579 classification 460, 461 diagnosis 460 disease consequences 461–2 disease processes 460-1 management 463-6, 463 red flags 461 Islam festivals and fasting 118-19 food restrictions 116, 118 geographical origin 114 isotretinoin, drug interactions 302

jaundice see liver and biliary disease jaw fracture 400 jejunocolic anastomosis 455, 455 jejunostomy 454-5, 455 jejunostomy feeding 347-8, 907-8 children 185 liver disease 490 traumatic brain injury 887 see also enteral nutrition Jewish people 124–5 dietary restrictions 124 festivals and fasting 124-5 social restrictions 124 Jingqianping 80 joint replacement, and body weight 49 ketogenic diet 198-9 and renal stone disease 547

kidney transplantation 198-9, 528-30 Klinefelter's syndrome 148 knee height 50 kwashiorkor 302

lactase deficiency 423-4 lactate acidosis, critical illness 212 lactation see breastfeeding lacto-vegetarians 130 lactose intolerance 423, 610, 681 coeliac disease 437 inflammatory bowel disease 447-8 transient 191-2 large bowel resection 456-8 clinical management 457 disease consequences 456 disease processes 456 drug-nutrient interactions 458 nutritional assessment 456-7 nutritional consequences 456 nutritional management 457-8 latex allergy 686 laxatives 469 nutritional interactions 300 see also constipation learning disabilities 141-58, 148 advocacy 144 autism 147 bowel function 153-4 capacity to consent 143-4 carers 152-3 cerebral palsy 147 - 8consultation 151 definition 141-2 Down's syndrome 144-5 information provision 153 medication 149, 152, 153 nutritional problems dysphagia 150–2 GORD 152 H. pylori 152 obesity 149-50, 149 underweight 150 nutritional requirements 142 phenylketonuria 148 Prader–Willi syndrome 145–7, 146 quality of life 154 see also specific syndromes leg ulcers 917





length conversion table 934 measurement 165 levels of evidence 13, 13 levodopa 552 Lewy body dementia 639 lifestyle 23 linear growth 160 linseeds 464, 553 lipaemia retinalis 783 lipids see fats lipodystrophy 705-6, 705 lipoproteins 778 liquid nutrition non-prescribable 956 nourishing drinks 338 sip feeds 338-9, 341-2, **954-5**, 963-4 listeriosis, in pregnancy 89 literature searching 12–13 lithium 149 liver and biliary disease 474-502 acute liver injury 195-6, 474, 476, 476 alcoholic hepatitis 478, 491 alcoholic liver disease 478, 478 anatomy and function of liver 474, 475, 475 ascites 49, 482, 487-8, 493-4 autoimmune hepatitis 479 causes 476 Child-Pugh score 477 children 195-6 chronic 196, 476, 476 cirrhosis 493 classification 474, 476, 476 clinical assessment 484 cystic fibrosis-associated 511 diagnosis 476-8, 477 dietary assessment 484-6 drug-nutrient interactions 497 fulminant hepatic failure 486, 491-2 haemochromatosis 479, 492 hepatic carcinoma 489, 489 hepatic encephalopathy 488–9, 488, 494-5 hepatorenal syndrome 497 liver transplantation 196, 489, 492 malnutrition 481 metabolic changes 478 metabolic liver disease 479 mortality 479 non-alcoholic fatty liver disease 479, 486-7, 492-3 nutritional assessment 195, 482-4, 482, 483 nutritional consequences 481-2 nutritional management 489-97 osteoporosis 482 patient perspective 479-80 physical signs 485 presentation 476-7 prevention 480-1 primary biliary cirrhosis 478 primary sclerosing cholangitis 478 - 9public health aspects 480-1 stages 477 steatorrhoea 496-7

stress factors for 485 viral hepatitis 479, 481, 493 Wilson's disease 479, 492 liver function in coeliac disease 429 liver function tests 484 HIV/AIDS 701 liver transplantation 196, 489, 492 LOFFLEX diet 446-7 loperamide 458 low density lipoproteins 701, 778 apheresis 785 low glycaemic diet 79, 199 Low Income Diet and Nutrition Survey 106-7, **248** low sodium feeds 349 low-income groups 104-11 diet and health 104-5, 105 dietetic practice 107-10, 108 nutritional consequences 106-7 policy response 109-11 size and nature of problem 105-6 lower reference nutrient intake 236 lung cancer 838-41 fatigue 840 nutritional implications 839-40 nutritional screening 839 recurrent laryngeal nerve palsy 840 supportive/palliative care 840 lycopene 845 lymphocyte count 952 McCance and Widdowson tables

67-8, 68 macrobiotic diet 813 macronutrients dietary modification 23 parenteral nutrition 360 weight loss 737-8 wound healing 916 see also specific macronutrients magnesium 370-1, 929 adverse effects 308 atomic weight/valency 949 blood pressure effects 792 and bone health 610 conversion factors 949 critical illness 212 deficiency 370-1, 929 excess 370 food sources 929 function 929 in immune response 659 inflammatory bowel disease 444 normal value 952 NRV 280 parenteral nutrition 361 premenstrual syndrome 79 RNI 929, 933 toxicity 929 malabsorption 420-6 absorption sites 422 causes 421 clinical tests 420-2 diagnostic features 420 dietary treatment 423-5 gastric carcinoma 830 liver disease 481, 496 non-nutrient specific 421-2, 422

pancreatic disorders 417

post-gastrectomy 408 and weight loss 742 malnutrition 325-35 at-risk groups 325-6 burn patients 900 in cancer 816, 822 causes 326-7, 326 children 166-7, 166, 174 congenital heart disease 207 consequences 327 critical illness 211 definition of 325 diagnosis 327-8, 328 gastric carcinoma 830 in hospitals 260 older adults 97-8, 98, 99 pre-surgery 905 prevalence 325-6 refeeding syndrome 56, 213 screening tools 166-7, 166, 328-32, 328, 330, 331, 972 treatment 332-4, 333 monitoring 333-4 see also oral nutritional support Malnutrition Universal Screening Tool (MUST) 330-2, 331, 483 manganese 930 adverse effects 308 critical illness 212 food sources 930 in immune response 659 NRV 280 RNI 930 wound healing 917 maple syrup urine disease 599 Marmot Review 104 Marsh classification in coeliac disease 438 mast cell activation 665 maturity-onset diabetes of the young (MODY) 712 meal environment 23-4 dementia patients 641-2 mental health service users 653 meal patterns 23 meal replacements 722, 740 mean cell haemoglobin (MCH) 952 mean cell volume (MCV) 952 alternatives to 244 recommended intake 240, 243 media, effect on food choices 23 Mediterranean diet 758-63, 781-2 medullary sponge kidney 544 meeting and greeting 31 megestrol acetate 85' melamine renal stones 547 melatonin 578 men body weight 84 disease prevalence and risk factors 105 infertility 84 menopause 81-3 Mental Capacity Act (2005) 143 mental illness 626-55 causes of 644-5 community mental health teams 646-7





| mental illness (cont'd) |
|--|
| dementias 637–43 |
| depression 645 |
| eating disorders 626–37 |
| food refusal 640 |
| nutrition 648 |
| drug effects on 649–63, 650–1 , 652 |
| inpatient communities 653 |
| management 653-4 |
| personality disorders 645 |
| physical health effects 648-9 |
| psychological treatments 647 |
| schizophrenia 645 |
| standards and policy 647–8 treatment services 645–7 |
| mental incapacity see learning |
| disabilities |
| mercury 87 , 89 |
| metabolic acidosis 522 |
| metabolic bone disease |
| bariatric surgery 748, 749 |
| post-kidney transplantation 530 |
| metabolic disorders inherited see inherited metabolic |
| disorders |
| nutritional supplements 961–2 |
| paediatric 968–70 |
| metabolic liver disease 479 |
| metabolic requirements 43 |
| metabolic syndrome 81, 785, 896 |
| and gout 623 metformin 716 |
| metformin /16 methylxanthines 688 |
| metiglinides 716 |
| micronutrients 922–30 |
| burn injuries 217 |
| COPD 379 |
| deficiencies 400, 417 |
| dietary modification 23 |
| drug interactions 303 HIV/AIDS 706–7, 706 , 707 |
| in immune response 657, 658–9 |
| parenteral nutrition 189, 361, 361 |
| parenteral nutrition 189, 361, 361 post-bariatric surgery 749 |
| in premenstrual syndrome 79 |
| renal disease 531–2, 534 |
| requirements 321 |
| sports nutrition 257 |
| traumatic brain injury 886 tuberculosis 381 |
| wound healing 916–17 |
| see also minerals; vitamins |
| mid-arm muscle circumference 53, |
| 946 |
| HIV/AIDS 700 |
| mid-upper arm circumference 52, |
| 946 |
| children 165 HIV/AIDS 700 |
| migraine, and food sensitivity 667 |
| milk |
| allergy 679–81, 680 , 681 |
| European school milk scheme 246 |
| exclusion 680 |
| foods containing 681 |
| nursery milk scheme 245 |
| recommended intake 240, 243 |
| Mindex 51, 945 |

minerals 55, 927-30 addition to foods 282 burn patients 902, 903 children 168, 173 content of compounds and solutions 938, 949 critical care medicine 875-6 cystic fibrosis 508 diabetes mellitus 721, 723 DRVs 45 in immune response 659 inflammatory bowel disease 444 liver disease 482 metabolism, drug effects in pregnancy 86, 87 preterm infants 177, 178 renal disease 519, 519, 522-3, 522 requirements 321 **RNIs** 933 sports nutrition 257 see also individual minerals minimal encouragers 29 minimally conscious state 881 Model of Nutrition and Dietetic Practice 7-8, 9, 10, 11 molybdenum 930 NRV 280 monoamine oxidase inhibitors 650 foods to avoid 302 monocyte count 952 monosaccharides absorption 422 intolerance to 681 malabsorption 424-5 monounsaturated fatty acids 786 mood disorders 583, 645 in diabetes 714 mood stabilisers, nutritional interactions 300, 651 motivation 33 lack of 35-6 motivational interviewing 27 motor neurone disease 555-63 amyotrophic lateral sclerosis 556 artificial nutrition and hydration 559–61, **560** dietary guidance 558 dysphagia 559 management 557 multidisciplinary team roles 557, 561 - 2nutritional assessment 558 nutritional management 557-8 nutritional requirements 558 primary lateral sclerosis 557 progressive bulbar palsy 557 progressive muscular atrophy 556 MTHFR gene 293 mucositis 850 multifactorial conditions 289, 290 multiple component nutritional supplements 958 multiple sclerosis 570-5 alternative diets 573 clinical management 572 diagnosis 571 disease consequences 571–2

disease processes 571

nutritional assessment 572 nutritional management 573-4 multiple system atrophy 568–9 nutritional management 569 multivitamins 88 muscle mass 586 musculoskeletal disorders 605-25 arthritis 615-22 gout 622-5 osteoporosis 605–15 Muslims see Islam mustard allergy 684 myalgic encephalomyopathy see chronic fatigue syndrome/myalgic encephalomyopathy myasthenia gravis 565-7 myocardial infarction 770-1 see also coronary heart disease nasoduodenal/nasojejunal feeding 347 nasogastric feeding 345-6 children 185 complications 215 motor neurone disease 561 see also enteral nutrition nasojejunal feeding 185 liver disease 490 stem cell transplants 852 traumatic brain injury 887 see also enteral nutrition National Child Measurement Programme (England) 166, 246 National Diet and Nutrition Survey 248, 298 National Health Service (NHS) 6 National Healthy Schools Programme 179 National Institute for Health and Care Excellence see NICE guidelines national insurance 228 nausea and vomiting 406 CFS/ME 577, 579 oral nutritional support 340 of pregnancy 89-90 see also individual conditions necrotising enterocolitis 177, 208 neonates Down's syndrome 144 immune system 661 nephrotic syndrome 517 dietary management 521-2 neural tube defects, folate in prevention of 85 neurogenic bowel 896 neurological disorders 549-88 CFS/ME 576-81 in children 198-9 motor neurone disease 555-63 multiple sclerosis 570-5 Parkinson's disease 549-55 rare conditions 563-70 neurorehabilitation 581-8 appetite 583 brain injury 582–4

communication 583

eating behaviour 583

dysphagia 584





goal planning 582 guidelines for 582 involvement of carers 588 nutritional management 584-7, 585 phases of 581-2, 582 physical ability to eat 583-4 psychological aspects spinal cord injury 895-7 traumatic brain injury 887-8 neurorehabilitation team 582, 585 neurosurgery in children 214-16 dietary management 215 nutritional assessment 215 neutropenia 850 neutropenic diet 852-3, 853 neutrophil count 952 NHS Health Scotland 234 niacin 86, 924 deficiency 924 in dyslipidaemia 785 food sources 924 function 924 NRV 280 RNI 924, 932 toxicity 924 NICE guidelines public health nutrition 233 quality standards 247 see also individual conditions nickel 308 nicotinic acid adverse effects 308 dietary content 938 nitrates 941 nitrites 941 nitrogen balance 44, 55, 168, 320 burn injury 320 liver disease 485, 486 short bowel syndrome 454 traumatic brain injury 215 see also proteins non-alcoholic fatty liver disease 479, 486-7, 492-3 non-Hodgkin's lymphoma 428, 849 non-IgE mediated food allergy non-meat alternatives 244 non-starch polysaccharides 462, 464 DRVs 45 non-verbal communication 28-9 normal distribution curve 950 Northern Ireland, public health policy 234 nortriptyline 149 Novel Foods and Novel Food Ingredients Regulations 1997 (SI 1997/1335) 274 NRVs see nutrient reference values NSAIDs, nutritional interactions 300 nurseries food recommendations 245 milk scheme 245 nutrient addition to foods see nutritional supplements nutrient energy yields 938 nutrient intake see nutritional assessment nutrient reference values 43, 280 nutrigenetics 291

nutrigenomics 291 nutrition databases 64 nutrition and dietetic process 8-9 nutrition labelling 279-81, 280, 281 guideline daily amounts 280 health claims 281-2, 282-4 NRVs 280 nutrition screening tools 971-5 nutritional assessment 47-60, 48 anthropometry see anthropometry biochemical and haematological markers 54-7 children 162 clinical assessment 56-7 environmental, behavioural and social 57-8 monitoring 57, 58 physical state 56 see also dietary assessment; and specific conditions nutritional genomics 291, 293-4 barriers to 293-4 evidence for role of 291, 293, 293 see also genetics nutritional management see specific conditions nutritional requirements 48, 58, 237, 317-24 adolescents 237 breastfeeding 237 burn patients 901-2, 902 children 167-8, 167, 168, 237 critical illness 211 cystic fibrosis 193-4, 507-9 dysphagia 397 energy 168, 168, 317-20 factors affecting 318 fluid 167-8, 167, 321 haematological cancers 851 infants 237 micronutrients 321 motor neurone disease 558 nitrogen/protein 168, 320 older adults 237 parenteral nutrition 188-9, 189 pregnancy 86-8, 86, 237 spinal cord injury 893-4 surgery 908-9 see also specific components nutritional supplements 244, 306–8, 954 - 70autism 180 CFS/ME 579-80 children 183-4 consumer attitude 307 cystic fibrosis 508 interactions 308 mental illness 648 metabolic disorders 961-2 paediatric 968-70 multiple component 958 overdosage 307-8 problems with use of 307 regulation of 308 rheumatoid arthritis 618-19, 618 safety 307, 308 single nutrient 957 sip feeds 338–9, 341–2, **954–5**, 963-4

solid/semi-solid 956 sports nutrition 257-8 nutritional support burn patients 901 cancer 822-4, 828-9, 828 COPD 379-80 critical illness 211-14, 212 enteral see enteral nutrition gastroparesis 413 immune modulating formulae 874, 902-3 oral see oral nutritional support parenteral see parenteral nutrition tuberculosis 382 see also specific conditions in dyslipidaemia 781 adolescents 727, 728 aetiology 729-32, 729, 731

nuts 760 oats, in coeliac disease 426, 431, 435 obesity 727-55 activity 730 children 751 diet 731 environmental factors 731-2 genetic factors 730 metabolic factors 730 assessment 736, 751 BMI 50–1, **50**, 944 body fat ranges 728 and breast cancer 835-6 children 245, 727, 728, 750–5 classification **728** consequences 751 critical care medicine 870-2 definition 727, 751 energy requirements 321-2, 322 and fertility 84 and haemodialysis 525–6 health impact 728–9, 729, 780 HIV/AIDS 705–6, 705 and hypertension 790 and learning disability 149-50, 149 and liver disease 480-1, 485-6, 486, 492 management 735-45, 751-5 anti-obesity medication 742 bariatric surgery 746-50 behavioural modification 739, 752, **753** diet 736-8, 752-3 multicomponent weight loss interventions 739-40 physical activity 738-9, 753 settings for 740–2 multiple sclerosis 573 and osteoarthritis 616 and peritoneal dialysis 527 post-kidney transplantation 530 post-spinal cord injury 895-6 in pregnancy 85-6, 86 prevalence 728 prevention 732-3, 733, 755 protein requirements 322 and renal disease 521

renal stone disease 540

occupational therapists 646

weight maintenance 742-3





| octreotide (Sandostatin®) 419, 458 |
|---|
| oedema 49, 56 |
| and liver disease 482 , 493–4 |
| parenteral nutrition 362 |
| occophagoal atrocia 210 |
| oesophageal atresia 219 |
| oesophageal cancer 826–9 |
| chemotherapy 828 |
| nutritional support 828-9, 828 |
| radiotherapy 827–8 |
| oesophageal perforation 401 |
| oesophageal resection 827 |
| oesophageal stricture 401 |
| oesophagitis 400–1 |
| offal, recommended intake 243 |
| onal, recommended intake 245 |
| oily fish 759–60, 759, 760 |
| olanzapine 149 |
| older adults 92–103 |
| age-related body changes 93, 94 |
| care homes 100–1 |
| coeliac disease 438–9 |
| community meals 100 |
| |
| dehydration 95, 97, 97 |
| demographic shift 92–3 |
| dental health 389 |
| diabetes mellitus 723 |
| dietary intake 96 |
| dietary recommendations 93–7 |
| food habits 93, 95 |
| |
| free living and sheltered |
| accommodation 99–100, 100 , |
| 101 |
| immune system 661 |
| independent living 101 |
| malnutrition 97–8, 98 , 99 |
| nutritional care 99, 101 |
| |
| nutritional challenges 97–9 |
| nutritional requirements 237 |
| nutritional status 93, 95 |
| nutritional supplementation |
| physical activity 97 |
| vegetarian/vegan diet 137 |
| omega-3 fatty acids 648, 780 |
| burn patients 903 |
| built patients 905 |
| cardioprotective diet 759–60, 759, |
| 760 |
| food enrichment 297 |
| oral allergy syndrome 665 |
| oral contraceptives, nutritional |
| interactions 300 |
| oral hygiene 387 |
| and mysteric 307 |
| oral nutritional support 183–4, 184, |
| 336–43, <i>33</i> 7 |
| cancer 822 |
| in children 183–4, 184 |
| cost of 184 |
| dietary advice 339-41 |
| dietary advice 339–41 dietitian's role 336–7 |
| |
| discontinuation 342 |
| food fortification 183, 337–8, 341 liver disease 489–90 |
| |
| monitoring 342 |
| multiple sclerosis 574 |
| multiple sclerosis 574 nourishing drinks 339 |
| nutritional supplements 183–4, |
| 341–2 |
| |
| palliative care 862 |
| snacks 338 |
| supplements 338–9 |

who should receive 336

oral provocation tests 672, 674 organ transplantation bone marrow 210 haematopoietic stem cells 210 heart and lung 511 kidney 198-9, 528-30 liver 196 lung 511 organic acidaemias 597 orlistat 742 orofacial granulomatosis 401-5 aetiology/epidemiology 402 diagnosis 402 dietary management 402-5, 403, dietary reintroduction 405 orogastric feeding 185, 345 see also enteral nutrition osmolality 950 normal value 952 see also electrolytes; fluid balance osmolarity 950 osteoarthritis 615-17 clinical management 616 complementary/alternative therapies dietary management 616-17 osteomalacia HIV/AIDS 706 liver disease 481 vitamin D deficiency 504, 609 osteopenia in HIV/AIDS 706 osteoporosis 81-2, 99, 605-15 anorexia nervosa 611 bone development 606, 606, 607 bone structure 606 calcium homeostasis 605-6 CFS/ME 577 coeliac disease 428-9 COPD 611 diagnosis and classification 606-7, dietary assessment 607-8 HIV/AIDS 706 inflammatory bowel disease 445, 611 liver disease 482 management 611-13 nutritional aspects 608-10 Parkinson's disease 551 rheumatoid arthritis 611, 620 risk factors 607 and spinal injury 896-7 outcome measurement 12 ovarian cancer 841 overfeeding of critical care patients 872 overhydration 367 parenteral nutrition 362 ovo-vegetarians 130 oxalates 542, 543 oxidative stress 769 pacing 578-9 paediatric dietetics see children Pakistan, traditional diet 116, 118–19

palliative care 812, 824, 831, 840 cancer 812, 824, 831, 840, 859-64

diabetes mellitus 724

diagnosis and classification 860 ethical and legal considerations 862-3, **863** nutritional assessment 860-1 nutritional management 861-2, nutritional objectives 860 pancreatic cancer 830-1 pancreatic disorders 415–20 acute pancreatitis 415-16, 416 chronic pancreatitis 416 drug interactions 419 enteral feeding 418 novel substrates 418-19 nutritional consequences 417 pancreatic cancer 416-17 pancreatic enzyme replacement therapy 193, 417, 504, 505-7 pancreatitis 415–16, 416, 783 enteral feeding 418 pantothenic acid 926 NRV 280 paracentesis 487-8 paraphrasing 29 parathyroid hormone 55, 369, 519, 532 HIV/AIDS 701 see also hyperparathyroidism parenteral nutrition 357-64 access routes 358-60, 359 central venous catheters 359-60 peripheral catheters 358-9 peripherally inserted central catheters 360 administration 360 burn injuries 218 children 188-91 indications for 188 nutritional requirements 188-9, 189 complications 190, 361-2, 362 constituents 360-1, 361 cystic fibrosis 509 ethics 358 formulations 189, 360 home 362-3 indications for 188, 358 liver disease 491 monitoring 190, 190, 361 nutrition assessment 358, 359 preterm infants 176 stem cell transplants 851-2 traumatic brain injury treatment goals 358 weaning from 190-1, 362 Parkinson's disease 549–55 diagnosis 549 disease consequences 550 disease process 549–50 drug-nutrient interactions 554 genetics 550 management 552 nutritional assessment 551-2 nutritional consequences 550-1 nutritional management 552-4 public health aspects and prevention signs and symptoms 550 PARNUTS framework 274





patch tests 672 PCOS see polycystic ovary syndrome peak bone mass 605, 606, 607 peanut/nut allergy 89, 681-2, 683 pellagra 924 peptic ulcer 407-8 percutaneous coronary intervention percutaneous endoscopic gastrostomy 346, 560, **560** percutaneous radiological gastrostomy 347, 560, 560 periodontal disease 388 peritoneal dialysis 526-8 personality disorders 645 pharmacists 646 pharmacological food reactions 688 phenylketonuria 148, 594-6, 595, 596 phosphate 469–70 haemodialysis 526 HIV/AIDS 701, 706, 707 normal value 952 parenteral nutrition 361 peritoneal dialysis 528 post-kidney transplantation 529 preterm infants 177 renal disease 521, 523-4, **525** phosphorus 927 adverse effects 308 atomic weight/valency 949 and bone health 610 conversion factors 949 critical illness 212 deficiency 927 food sources 927 function 927 NRV 280 RNI 927, 933 toxicity 927 physical activity and blood pressure 792 diabetes mellitus 714, 717, 722, 723 in dyslipidaemia 781 and energy expenditure 319 immune system effects 661–2 and obesity 730, 753 older adults 97 in osteoporosis 611–12 and weight loss 738-9 see also sports nutrition physical disabilities 106 see also specific conditions physiotherapists 646 phytanic acid, dietary restriction 590, 591 phytates 71, 133, 492 phyto-oestrogens 82 breast cancer 836 phytochemicals 61, 132, 243, 660 pica 90 Pick's disease 639 PICO principle 12 piscatarians 130 plane tree allergy 686 plant stanols/sterols 296–7 diabetes mellitus 720 plaster casts, and body weight 49

platelet count 952 Polish people 125–6 festivals and feasting 125 food production and preservation 126 traditional diet 125-6 polychlorinated biphenyls 89 polycystic ovary syndrome 75–8, 84 polydipsia, psychotropic drug-induced polysaccharides, non-starch see non-starch polysaccharides polyunsaturated fatty acids 786 multiple sclerosis 473-4 n-3 786 n-6 786 portfolio diet 782 portion size 940 postnatal growth 160 postural orthostatic tachycardia syndrome 569 potassium 368-9, 369 atomic weight/valency blood pressure effects 792 and bone health 610 conversion factors 949 critical care medicine 876-7 deficiency 368-9 excess 369, 519 food exchange list 940 food portion size 940 haemodialysis 526 HIV/AIDS 701 inflammatory bowel disease 444 normal value 952 NRV 280 parenteral nutrition 361 peritoneal dialysis 527 post-kidney transplantation 529 renal disease 521, 523, **524** RNI 933 potassium bicarbonate 938 potassium-lowering diet 524 poverty 105–6 practice supervision 17 Prader-Willi syndrome 145-7, 146 prealbumin 55 prebiotics 296, 660 preceptorship 17-18 prednisolone 149 pregnancy 85-90 alcohol consumption 89 BMR and energy requirements 85 caffeine consumption 89 coeliac disease 438 cravings and pica 90 cystic fibrosis 510 diabetes mellitus 723 food safety 87, 88-9 Healthy Start scheme 88 inherited metabolic disorders 599, 600, 601-2 maternal nutrition 244-6, 247, nutrition-related problems 89-90 nutritional requirements 86–8, 86, 237 obesity and weight gain 85-6 peanut/nut allergy 89

phenylketonuria 595-6 preconceptional/periconceptional nutrition 84-5 underweight 86 vegetarian/vegan diet 135-6 premenstrual syndrome 78-81 prenatal growth 160 preschool children cystic fibrosis 194 diabetes mellitus 205 dietary intake 162 gastroenterology 192 growth and development 160-4 growth faltering 170-6 healthy eating 244-6 meals and snacks 184 nutritional requirements 167-8, 167, 168 stool patterns 192 see also children preservatives 941 avoidance in orofacial granulomatosis 404 E numbers 278–9, 404, 941 pressure sores 896 preterm infants 176-8 definition 176 dietetic intervention 176 enteral nutrition 177, 177 growth 177 growth charts 163 monitoring 178 nutritional requirements 177, 177 oral feeding 177 parenteral nutrition 176 post-discharge nutrition 178 weaning 178 primary biliary cirrhosis 478 primary lateral sclerosis 557 primary sclerosing cholangitis 478-9 prisons 269–71 dietetic practice 270-1 meal provision and dietary quality non-communicable diseases 270 nutrition and behaviour 271 probiotics coeliac disease 424 hepatic encephalopathy 495 inflammatory bowel disease 447 pancreatic disorders 418 professional conduct 7 confidentiality 14-15 duty of care 6, 150, 153, 345, 646, informed consent 14, 143-4, 344 professional practice 1, 5-19 audit 11-12, 14, 15 clinical governance 10-11 continuing professional development 16-17, 17, 18, ethics see ethics evidence based practice 12-16 low income issues 107-11, 108 reflective practice 17 research 14–15 scope of 6-7, 7, 10





| professional regulation 5–6 |
|---|
| complementary/alternative therapies |
| 306 |
| progressive bulbar palsy 557 |
| progressive muscular atrophy 556 |
| prokinetics 412, 873 |
| |
| prostate cancer 844–8 |
| nutrition 845–6, 845 |
| survivorship 847 |
| treatment 846–7, 847 |
| protective nutrient intake (PNI) 43 |
| proteins 287 |
| and bone health 609–10 |
| children 166 |
| DRVs 44-5 |
| food exchange list 940 |
| food portion size 940 |
| |
| inflammatory bowel disease 444 |
| malabsorption 425 |
| normal urine value 952 |
| parenteral nutrition 360 |
| post-bariatric surgery 749 |
| renal stone disease 541 |
| restriction 543 |
| sports nutrition 255 |
| vegetarian/vegan diet 132 |
| wound healing 917 |
| |
| protein energy wasting 518 |
| nutritional support 530–1 peritoneal dialysis 528 |
| peritoneal dialysis 528 |
| protein losing enteropathy 208 |
| protein requirements 168, 320 burn injuries 217, 901–2 |
| burn injuries 217, 901–2 |
| children 168, 172–3, 173 |
| COPD 378 |
| critical care medicine 212, 869–70, |
| 871–2, 871 |
| cystic fibrosis 507 |
| diabetes mellitus 721 |
| |
| GDA 280 |
| haemodialysis 525 |
| HIV/AIDS 702 |
| neurosurgical injury 215 |
| obesity 322 |
| Parkinson's disease 553–4 |
| peritoneal dialysis 527 |
| post-kidney transplantation 529, |
| 530 |
| in pregnancy 86–7, 86 |
| preterm infants 177 |
| renal disease 521, 523, 534 |
| |
| traumatic brain injury 886 |
| tuberculosis 381 weight loss 737–8 |
| |
| protein-energy malnutrition 302 |
| liver disease 481 |
| prothrombin time 952 |
| proton pump inhibitors 458 |
| psychiatrists 645 |
| psychodynamic therapy 647 |
| psychological aspects, growth faltering |
| 173 |
| psychotherapists 646 |
| |
| psychotropic drugs, nutrition effects |
| 649–53, 650–1 , <i>652</i> |
| puberty 160 |
| public health nutrition 231–51, 232 |
| devolved governments 234 |

health inequalities 234

healthy diet 234-44 importance of 232-3 measuring change 248–9, 248 national food and health strategy 233 - 4public health policy 233 Public Health Responsibility Deal (England) 247 public health strategies 244-7 adults 247 maternal and early years 244-6 school-aged children 246-7 Public Health Wales 234 public health workforce 231-2 pugilistic brain injury 639 pulses, recommended intake 241, 243 Punjab, traditional diet 116, 117–18 purines 545 PYMS screening tool 167 pyridoxine see vitamin B6 QALYs 104 quality improvement 10-11 quality of life, learning disabilities quality-adjusted life years see QALYs questions 29 radiofrequency ablation 489 radiotherapy dietary care 810-11 gynaecological cancers 842-3 lung cancer 839 oesophageal cancer 827-8 prostate cancer 846 side effects 817-18, 818, 819 ragweed pollen allergy 686 RAST test 671 recommended daily amount 43 recommended dietary allowance 43 recommended nutrient intake 43 recording 10 CPD 18 recurrent laryngeal nerve palsy 840 red cell count 952 refeeding syndrome 56, 213, 322, 350–1, 362 reference nutrient intakes 236, 931-3 reflected feelings 29 reflection 13-14 reflective practice 17 reflux 191 Refsum's disease 589-93 clinical management 590 diagnosis 589 dietary management 590-3, 591 disease process 590 drug-nutrient interactions 592 genetics 590 nutritional assessment 590 rehabilitation cardiac 771-2, 771 neurorehabilitation see neurorehabilitation spinal cord injury 895–7 traumatic brain injury 887-8 reintroduction of dietary components

22, 22

religious influences on diet and lifestyle 23 Afro-Caribbeans 122 Arabic populations 120–1 South Asian populations 114–19, vegetarian/vegan diet 129 see also specific ethnic groups renal anaemia 522 renal disorders 515-48 acute kidney injury 197, 532-5 children 196-8 chronic see chronic kidney disease definitions 515-16 dietary management 197 energy requirements and gout 623 haemodialysis 524-6 HIV/AIDS kidney function nephrotic syndrome 517, 521–2 nutritional assessment 197 peritoneal dialysis 526-8 presentation 197 renal transplantation 198-9 stones see renal stones renal feeds 349 renal stones 539-48, 896 calcium 540-5 idiopathic 540-4 secondary 544-5 classification 540 cystine 546 'infection'/struvite 546 ketogenic diet causing 547 melamine 547 uric acid stones 545-6 renal tubular acidosis 544 requirements and intake 43 research 14-15 governance and ethics 14-15 how to do 15–16, 16 process 14, 15 respiratory disease 375-84, 376 asthma 666-7 COPD 375-80, 376 tuberculosis 380–2, 380 respiratory feeds 349 resting energy expenditure/rate 318 see also energy expenditure retinol in immune response 658 vegetarian/vegan diet 134 retinol binding protein 55, 505, 531 retinol equivalents 922 Rett syndrome 148 rheumatoid arthritis 617-20 clinical management 617 comorbidities 619-20 dietary management 617-18 dietary supplements 618-19, 618 food intolerance and exclusion diets healthy eating 620 multidisciplinary rheumatology team 620 and osteoporosis 611, 620 physical therapy 617 rhinitis, and food sensitivity 666





riboflavin 924 deficiency 924 food sources 924 function 924 NRV 280 in pregnancy 86 RNI 924, 932 rickets 166 rimonabant 742 risperidone 149 RNIs see reference nutrient intakes Roux-en-Y gastric bypass 746, 748, Royal Free Hospital Global Assessment 483-4, 483, 975 safe intake 43, 236 St John's wort 309, 310 saline 938 salivary flow 387 salt GDA 280 labelling requirements 281 salt intake 238 autonomic failure 568 diabetes mellitus 720 and hypertension 790, 791-2 recommended 760 saturated fats/fatty acids 758-9, 759 saw palmetto 309 schizophrenia 645 Schofield equation 44, 207, 213, 558, 884, 901 School Food Trust 245 School Fruit and Vegetable Scheme 246 school meals 246 school milk, subsidized 246 school-aged children see children Scientific Advisory Committee on Nutrition 233 scope of practice 6-7, 7, 10 extended 7 Scotland, public health policy 234 screening tools for malnutrition 166-7, 166, 328-32, 328, 330, *331*, 483–4, **483** selective oestrogen modulators (SERMs) 612 selective serotonin reuptake inhibitors (SSRIs) 650 selenium 929 burn patients 903 children 166 critical care medicine 212, 875 deficiency 929 food sources 929 function 929 HIV/AIDS 701, 706 in immune response 659 NRV 280 post-bariatric surgery 749 and prostate cancer 845-6 RNI 929, 933 toxicity 929 vegetarian/vegan diet 133-4 wound healing 917 self efficacy 28 self monitoring 35

sepsis 488, 866 serotonin and noradrenaline reuptake inhibitors (SNRIs) 650 service evaluation 14-15, 15 sesame allergy 684, 684 sexual dysfunction in diabetes 714 SGNA screening tool 167 shellfish allergy 684-5 short bowel syndrome 219 dietary treatment 454 jejunocolic anastomosis 455, 455 jejunostomy 454–5, 455 nutritional consequences 451, 451 see also intestinal failure short frequency questionnaires 63 Sikhs 114, 117-18 simvastatin 529 single nutrient supplements 957 sip feeds 338–9, 341–2, **954–5** paediatric 963-4 sirolimus 529 Sjogren's syndrome 429 skin prick tests 671 skinfold thickness 52-3 children 165 sleeve gastrectomy 747, 749 small bowel histology 438 small stomach syndrome 408, 830 SMART principles 12 Smith Magenis syndrome 148 smoking 105 and cancer 806 and COPD 376, 378 and inflammatory bowel disease snacks, in oral nutritional support 338 social assessment 57-8 social class, and disease risk 105 social influence 28 social workers 646 Sodexo School Food Survey 248 sodium atomic weight/valency 949 balance 367-8, 368 and bone health 610 chronic renal failure conversion factors 949 critical care medicine 876 cystic fibrosis 508 deficiency 367 dietary content 940 drug interactions excess 367 GDA 280 haemodialysis 526 inflammatory bowel disease 444 intestinal failure 452 neurosurgical injury 215 normal value 952 parenteral nutrition 361 peritoneal dialysis 527 post-kidney transplantation 529 preterm infants 177 renal disease 521, 523 renal stone disease 541 restriction 521, 543 RNI 933 in sports drinks 256

 $lacktrian{ }{ }$

sodium bicarbonate 938 sodium chloride 938 sodium valproate 149 solid/semi-solid supplements 956 somatic mutations 290 sore/painful mouth 341 South Asian populations 113-19, 114, 115 cooking methods 116 religious influences on diet and lifestyle 114–19, 116 Buddhists 116 Hindus 116, 117 Islam 116, 118-19 Sikhs 116, 117-18 stroke risk 802 traditional diet cereals 116 curry 115, 117 fat and oils 116 meat, fish, eggs, pulses and meat alternatives 116 milk and dairy foods 116 vegetables and fruit 116 see also specific populations soya protein allergy 682, 684 avoidance in orofacial granulomatosis 404 breast cancer 836 in dyslipidaemia 781 foods containing 684 premenstrual syndrome 80 recommended intake 761 special needs children 181-2 spinal cord 891 spinal cord injury 890-8 causes 891 classification 892-3 definitions 891-3 management 893-7 reduced dietary intake 894 rehabilitation 895-7 spinal nutrition screening tool 973-4 sports nutrition 252-9 banned substances 258 carbohydrate 253-5 dietary recommendations 254-5 during exercise 255 glycogen depletion and repletion 254, **254** post-exercise 255 prior to exercise 254-5 role in training 253-4 training versus competition 254 VO2 max 254 energy metabolism during exercise energy requirements and availability ergogenic aids 258 fats 255 fluid balance 255-7, 256 micronutrients 257 protein 255 supplements 257-8 weight control 257 Sri Lanka, traditional diet 116 stabilisers 942

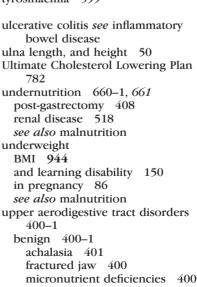




| STAMP screening tool 167 |
|--|
| stanols 760, 781 |
| starch intolerance |
| starchy foods, recommended intake 240, 241 |
| Start4life campaign 246 |
| statis 785 |
| grapefruit interaction 802 |
| nutrional interactions 529 |
| steatorrhoea 496–7 |
| stem cell transplants 851–3, 852, 853 |
| drug side effects 851 |
| sterols 760, 781 stoma sites for enteral nutrition 353 |
| stroke 796–804 |
| classification 796–7 |
| diagnosis 796–7 |
| disease consequences 797 |
| drug-nutrient interactions 802–3 |
| management 797–8 |
| nutritional consequences 798, 799–800 |
| prevention 799–800 |
| prognosis 797 |
| quality markers 798–801 |
| STRONGkids screening tool 167 |
| strontium ranelate 612 |
| struvite renal stones 546 subscapular skinfold thickness 52 |
| sucrose |
| in diabetes 720, 722 |
| intolerance 424 |
| renal stone disease 544 |
| sugar alcohols 69 |
| sugars GDA 280 |
| see also specific sugars |
| sulphite allergy 669 |
| sulphonylureas 716 |
| sulphur |
| atomic weight/valency 949 |
| conversion factors 949 sulphur dioxide 941 |
| allergy 678 |
| summarising in consultations 29 |
| suprailiac skinfold thickness 52 |
| surgery 905–13 |
| children 218–19 |
| congenital heart disease 207–8 |
| diabetes mellitus 716 effects of 905 |
| enhanced recovery programme |
| 910–11, <i>911</i> |
| feeding route 907–8 |
| gastric resection and reconstruction |
| 408-9 |
| glycaemic control 909 immunonutrition 907 |
| neurosurgery 214–16 |
| nutritional requirements 908–9 |
| nutritional support delivery 906–7 |
| post-surgery complications 909–10 |
| acute pancreatitis 910 |
| chylothorax 909–10 |
| enterocutaneous fistulae 909 gastroparesis 410 |
| high output stomas 910 |
| open abdomen 910 |
| wound healing 909 |

postoperative gastrointestinal motility 908 postoperative period 907 pre-existing malnutrition 905 preoperative period 906 transplantation see organ transplantation see also specific procedures swallowing difficulty in see dysphagia normal 391-2 Swank diet 573 sweat rate 255-6, 256 sweeteners 279 syndrome of inappropriate antidiuretic hormone secretion (SIADH) tacrolimus 529, 851 Take up of School Meals in England 248 tannins 492 taste 23 changes in 340-1 loss of 862 taxation 228 teenagers see adolescents teeth decay 385-7, 386 resistance to 387 erosion 387-8 telaprevir 493 television advertising 246 TellUs 248 terminal illness see palliative care texture see food texture thalidomide 857 theobromine 688 theophylline 301, 309 thermogenesis, dietary induced 319 thiamine 86, 924 deficiency 924 food sources 924 function 924 NRV 280 post-bariatric surgery 749 RNI 924, 932 toxicity 924 thiazoladinediones 716 thickeners 395, 396, 958 paediatric 964 thrombin time 952 thrombogenesis 769 thrombosis 767-8 thyroxine binding prealbumin 55 titanium miniplates tocopherols 941 toddlers see preschool children tomatoes, avoidance in orofacial granulomatosis 404 total body water 53, 365 total daily energy expenditure 44 total parenteral nutrition see parenteral nutrition Tourette's syndrome 148 toxoplasmosis, in pregnancy 89 trace elements 55, 71 dietary sources 243 inflammatory bowel disease 444

in pregnancy 87 **RNIs** 933 see also micronutrients tracheo-oesophageal fistula 219 trans fatty acids 759, 779-80 trans saturated fats 759, 759 transferrin 55 HIV/AIDS 701 transjugular intrahepatic portosystemic shunts (TIPS) 488 Transtheoretical Model 26 traumatic brain injury 880-90 definition 881 diagnosis and classification 881 drug-nutrient interactions 882 investigation and management morbidity and mortality 881 multidisciplinary team roles 881, nutritional assessment 884, 885 nutritional consequences 881-4, nutritional management 884, 886-7 rehabilitation 887-8 terminology 881 triceps skinfold thickness 52, 945 HIV/AIDS 700 tricyclic antidepressants 650 triglycerides 777-8 blood levels 784 cardiovascular risk normal value 952 see also cholesterol; fats tryptophan 648 dietary content 938 tuberculosis 380-2, 380 clinical investigations 381 diagnosis 381 disease consequences 381 disease processes 381 nutritional impact 381 nutritional management nutritional requirements nutritional support 382 Turkish populations 126 tyrosinaemia 599







•

| oesophageal perforation 401 | vitamin A 922 | cystic fibrosis 504, 508 |
|--|--|--|
| oesophageal stricture 401 | adverse effects 308 | deficiency 922 |
| oesophagitis 400–1 | burn patients 903 | dietary content 938 |
| head and neck cancers 815–26 | children 166 | excess 551 |
| oesophageal cancer 826–9 | cystic fibrosis 504, 508 | food sources 609, 922 |
| ipper arm anthropometry 482, 945 | deficiency 922 | function 922 |
| ipper tolerable nutrient intake level | dietary content 938 | HIV/AIDS 701, 706, 707 |
| 43 | food sources 922 | in immune response 658, 668 |
| irea | function 922 | inflammatory bowel disease 444 |
| critical illness 212 | HIV/AIDS 706, 707 | NRV 280 |
| HIV/AIDS 701 | isotretinoin interaction 302 | older adults 93–4 |
| normal value 952 | NRV 280 | post-bariatric surgery 749 |
| rea cycle disorders 596–7 | and osteoporosis 82 | in pregnancy 86, 87–8 |
| ric acid | post-bariatric surgery 749 | premenstrual syndrome 79 |
| normal value 952 stones 545–6 | in pregnancy 86 | preterm infants 177 renal stone disease 541 |
| articaria 677 | preterm infants 177 | RNI 922, 932 |
| irticaria 0// | RNI 922, 932 toxicity 922 | toxicity 922 |
| ascular dementia 629 0 | wound healing 917 | vegetarian/vegan diet 134 |
| rascular dementia 638–9 | vitamins B, wound healing 917 | vitamin E 923 |
| eganism <i>see</i> vegetarian/vegan diet egetable allergy 686 | vitamin B_1 see thiamine | activity 938 |
| egetable allergy 000 egetarian/vegan diet 129–40 | vitamin B_1 see thannic vitamin B_2 see riboflavin | children 166 |
| adolescents 136–7 | vitamin B_6 925 | cystic fibrosis 504, 508 |
| alternatives to unacceptable foods | adverse effects 308 | deficiency 923 |
| 129, 130 , 131 | deficiency 925 | food sources 923 |
| athletes 137 | drug interactions | function 923 |
| and bone density 132, 610 | food sources 925 | in immune response 658 |
| in cardiovascular disease 135 | function 925 | NRV 280 |
| children 136–7 | in immune response 658 | premenstrual syndrome 79 |
| definitions 130 | NRV 280 | RNI 923 |
| health aspects 132 | in pregnancy 86 | toxicity 923 |
| lactating women 135–6 | premenstrual syndrome 79 | wound healing 917 |
| nutritional adequacy 132–4 | RNI 925, 932 | vitamin K 923 |
| older adults 137 | toxicity 925 | and bone health 610 |
| pregnant women 135-6 | vitamin B ₁₂ 926 | cystic fibrosis 504–5, 508 |
| reasons for following 129, 131-2 | children 166 | deficiency 923 |
| rheumatoid arthritis 619 | deficiency 926 | food sources 923 |
| in weight management 134–5 | food sources 926 | function 923 |
| regetative state 881 | function 926 | inflammatory bowel disease 444 |
| erbal following/restating 29 | HIV/AIDS 701 | NRV 280 |
| ery low calorie diets 738 | in immune response 658 | toxicity 923 |
| ery low density lipoproteins 778 | inflammatory bowel disease 444 | wound healing 917 |
| iral hepatitis 479, 481, 493 | normal value 952 | Vitex agnus castus 80 |
| isceral protein status 55 | NRV 280 | VO ₂ max 254 |
| risual impairment 799 | older adults 95 | volume conversion table 937 |
| itamins 55, 922-6 | post-bariatric surgery 749 | vulval/vaginal cancers 842 |
| addition to foods 282 | RNI 926 | 51 2 720 726 |
| analysis 69 | vegetarian/vegan diet 134 | waist circumference 51–2, 728, 736, 762, 947 |
| burn patients 902, 903 children 168, 173 | vitamin C 923 adverse effects 308 | action levels 736 |
| critical care medicine 875–6 | and bone health 610 | children 165 |
| cystic fibrosis 194 | burn patients 903 | HIV/AIDS 700 |
| diabetes mellitus 721, 723 | children 166 | waist to hip ratio 52, 728, 736 |
| DRVs 45 | deficiency 923 | HIV/AIDS 700 |
| fat-soluble 922–3 | food sources 923 | Wales, public health policy 234 |
| cystic fibrosis 504–5, 507–8 | function 923 | water see body water; fluids |
| in immune response 657, 658 | in immune response 658 | weaning 161–2 |
| inflammatory bowel disease 444 | inflammatory bowel disease 444 | coeliac disease 437–8 |
| liver disease 482 | NRV 280 | developmental stages 161 |
| pregnancy 86, 87, 932 | older adults 94 | food hypersensitivity 202, 668–9 |
| preterm infants 177, 178 | in pregnancy 86 | food neophobia 162 |
| requirements 321 | renal stone disease 543-4 | key stages 161 |
| RNIs 932 | RNA 923 | preterm infants 178 |
| spinal cord injury 894 | RNI 932 | weighing scales |
| sports nutrition 257 | toxicity 923 | accuracy of 49 |
| vegetarian/vegan diet | wound healing 917 | spinal injury patients 895 |
| water-soluble 923-6 | vitamin D 609, 922 | weight 49–50, 762 |
| cystic fibrosis 507 | and bone mass 609 | children 165 |
| see also individual vitamins | children 166 | control in sports 257 |
| | | |

(





| weight (cont'd) |
|---------------------------------|
| conversion tables 935–6 |
| factors affecting |
| amputations 49, 49 |
| plaster casts and splints 49 |
| and fertility 84 |
| for height in children 165, 166 |
| inability to measure 49 |
| percentage change 49–50 |
| veight gain |
| breast cancer 835-6 |
| CFS/ME 577, 579 |
| congenital heart disease 208 |
| drug-related 149 |
| infants 160 |
| liver disease 486 |
| menopause 81 |
| mental illness 649 |
| Parkinson's disease 551 |
| in pregnancy 85–6, 86 |
| premenstrual syndrome 80 |
| psychotropic drugs 652 |
| veight loss |
| brain injury 586 |
| CFS/ME 577, 579 |
| dietary management 736–8 |
| gastric carcinoma 830 |
| and hip fracture risk 611 |
| HIV/AIDS 702–4, 703 |
| maintenance of 742–3 |
| mental illness 649 |
| multicomponent interventions |
| 740–2 |
| Parkinson's disease 550-1, 553 |
| post-bariatric surgery 748 |
| post-gastrectomy 408 |

renal stone disease 542 spinal cord injury 895, 895 weight management burn patients 899-900 diabetes mellitus 714, 721–2 hypertension 791 liver disease 482 see also obesity, management weights and measures 934-7 Wernicke-Korsakoff syndrome 633 dementia in 639 Wernicke's encephalopathy 488–9 West Africans 122-3 health problems 123 wheat allergy 686-7, 687 wheat starch, gluten-free 437 white blood cell count 952 whole-protein (polymeric) feeds 349, 349 Wilson's disease 479, 492 women athletes 253 disease prevalence and risk factors 105 health issues 75-83 menopause 81-3 PCOS 75-8 premenstrual syndrome 78-81 see also pregnancy World Health Organization dietary reference values Global Strategy on Diet, Physical Activity and Health wound healing 56, 914-19 delayed 915-16, 916 drug-nutrient interactions 918

917 stages of 915 X-linked recessive inheritance 288, xanthelasma 782 xanthomata 782 xerophthalmia 57 xerostomia 341 palliative care 862 zinc 928 adverse effects 308 atomic weight/valency 949 and bone health 610 burn patients 903 children 166, 173 conversion factors 949 critical illness 212 deficiency 496, 928 food sources 928 function 928 HIV/AIDS 701, 706, 707 in immune response 659 inflammatory bowel disease 444 mood disorders 648 NRV 280 older adults 95 post-bariatric surgery 749 RNI 928, 933 toxicity 928 vegetarian/vegan diet 133

wound healing 917

ziprasidone 149

nutritional management 916-18,



