

1986

Nutrition Diet & Health

Michael J. Gibney

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the [Arts and Humanities Commons](#)

Recommended Citation

Gibney, Michael J., "Nutrition Diet & Health" (1986). *Cookery Books*. 97.
<https://arrow.tudublin.ie/irckbooks/97>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

Nutrition diet & health

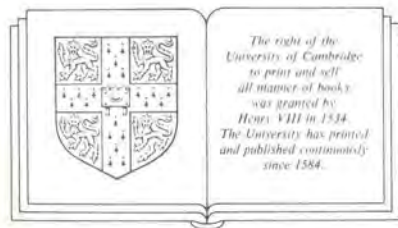


MICHAEL J GIBNEY

Nutrition, diet and health

MICHAEL J. GIBNEY

*Senior Lecturer in Nutrition,
Trinity College, Dublin*



CAMBRIDGE UNIVERSITY PRESS

Cambridge

London New York New Rochelle

Melbourne Sydney

Published by the Press Syndicate of the University of Cambridge
The Pitt Building, Trumpington Street, Cambridge CB2 1RP
32 East 57th Street, New York, NY 10022, USA
10 Stamford Road, Oakleigh, Melbourne 3166, Australia

© Cambridge University Press 1986

First published 1986
Reprinted 1986

Printed in Great Britain by
Billing & Sons Ltd, Worcester

British Library cataloguing in publication data

Gibney, Michael J.
Nutrition, diet and health.
1. Nutrition 2. Health
I. Title
613.2 RA784

Library of Congress cataloguing-in-publication data

Gibney, Michael J.
Nutrition, diet, and health.
Includes index.
1. Nutrition – Popular works. 2. Diet. 3. Health.
4. Diet in disease. I. Title. [DNLM: 1. Diet – popular works.
2. Nutrition – popular works. QU 145 G447n]

ISBN 0 521 30134 3 hard covers
ISBN 0 521 31756 8 paperback

Contents

Preface	<i>page</i> vii
1 Nutrition – a controversial topic: Hippocrates to hearsay	1
2 Nutrients and their metabolism	6
3 Fibre	24
4 The body beautiful	37
5 How the other half dies	55
6 Ashes to ashes	65
7 Vitamins	75
8 Food allergy	85
9 Coronary heart disease: the growing controversy	97
10 Adding and taking away: the modern diet	113
11 Fads and fallacies	126
12 A miscellany of matters	137
13 Health and well-being	148
Appendix 1	152
Appendix 2	162
Further Reading	164
Index	165