Index

Note: Page numbers of article titles are in **boldface** type.

A

Academy of Nutrition and Dietetics (AND), 1170–1171
Action, in stages of change, 1163
Acute Physiology and Chronic Heath Assessment (APACHE) II score, 1170, 1172
Adipose tissue, cancer and, 1336
Adolescents (age 13 to 18), 1223–1227
Advise, in dietary counseling, 1159–1160
Affordable Care Act, 1158
Agree, in dietary counseling, 1159–1160
Alcohol, cardiovascular disease and, 1258–1259
Alzheimer disease, 1247
Ambivalence, to counseling, 1160–1161
American Association of Clinical Endocrinologists, 1343
American Society for Parenteral and Enteral Nutrition (ASPEN), 1170–1171
Anabolic resistance, in sarcopenia, 1247
Anaphylaxis, 1228–1229
AND (Academy of Nutrition and Dietetics), 1170–1171
Anemia, in pregnancy, 1200
Anorexia, 1174
  in cancer, 1331
  of aging, 1246
Anorexia nervosa, 1206, 1225, 1227
Anthocyanins, for insulin resistance, 1296
Anthropometric indicators, for children, 1218
Antioxidants, for cancer prevention, 1335
APACHE (Acute Physiology and Chronic Heath Assessment) II score, 1170, 1172
Appearance, in nutritional assessment, 1175
Appetite
  improvement of, 1332
  stimulation of, 1246
Aromatase, in cancer, 1337
Arrange, in dietary counseling, 1159–1160
Ask, in dietary counseling, 1159–1160
ASPEN (American Society for Parenteral and Enteral Nutrition), 1170–1171
Assess, in dietary counseling, 1159–1160
Assessment, nutritional. See Nutritional assessment.
Assist, in dietary counseling, 1159–1160
Atherosclerosis, in pediatric patients, 1231
Autonomy, of adolescents, 1223
B
Baby Friendly Initiative, 1219
Bariatric surgery
  lactation after, 1209–1210
  pregnancy after, 1206–1207
Behavior, planned, theory of, 1164–1165
Behavior change, theories of, 1161–1162
Behavioral beliefs, 1164–1165
Behavioral Risk Factor Surveillance System
Belief considerations, 1164–1165
Beta-carotene, for cancer prevention, 1334–1336
Bicarbonate, for chronic kidney disease, 1278
Bilberry extract, for insulin resistance, 1296
Bioelectrical impedance analysis, 1178, 1331–1332
Blood pressure. See also Hypertension.
  sodium and, 1258
Body composition
  in chronic kidney disease, 1276–1278
  in nutritional assessment, 1177–1178
Body mass index
  cancer and, 1336
  dietary index and, 1187
  in nutritional assessment, 1174–1176, 1242–1243
  in obesity, 1342–1343
  in older adults, 1242–1243
  in pediatric patients, 1229–1231
  in pregnancy, 1203–1206
  minimum value for, 1243
  mortality risk and, 1243
Body weight. See Weight.
Bone health, dietary patterns and, 1190
Brain development, nutrition for, 1227–1228
Breast, development of, 1224–1225
Breastfeeding
  nutrition in, 1208–1210
  recommendations for, 1218–1220
Bulimia, in pregnancy, 1206
Bulimia nervosa, 1225, 1227
“Bull environment,” 1164

C
Cachexia, 1173
Caffeine
  for liver disease, 1318
  in pregnancy, 1208
Calcium
  absorption of, in older adults, 1240–1241
  balance of, in chronic kidney disease, 1273–1274
  deficiencies and requirements of
in adolescents, 1225
in older adults, 1243–1245
CALERIE (Comprehensive Assessment of Long Term Effects of Reducing Intake of Energy), 1345
Caloric intake
in lactation, 1208
in pregnancy, 1200
Cancer, nutrition for, 1329–1340
dietary patterns, 1190–1191
enteral nutrition, 1332–1333
for protein-energy malnutrition, 1330–1331
goals of, 1332
importance of, 1330
methods for, 1332
obesity and, 1336–1337
parenteral nutrition, 1334
preventive diets, 1334–1336
screening for, 1331–1332
Carbohydrates
in obesity diet, 1344–1345
insulin resistance and, 1286–1289
metabolism of, 1307
requirements of, in pregnancy, 1200
Cardiovascular disease, nutrition for, 1251–1264
alcohol, 1258–1259
cholesterol, 1257
dietary patterns, 1190–1191, 1252–1254
glycemic index, 1257–1258
in kidney disease, 1266–1271
sodium, 1258
Cardiovascular Health Integrated Lifestyle Diet (CHILD-1), 1231
CASCADE study, 1287
Centers for Disease Control and Prevention, growth curves of, 1218
Change, stages of, 1162–1163
CHILD-1 (Cardiovascular Health Integrated Lifestyle Diet), 1231
Children. See Pediatric patients.
Choking hazards, of food, 1221
Cholesterol, dietary, 1257
Chromium, for insulin resistance, 1294
Chronic Care Model, 1158
Chronic diseases, 1185–1198
epidemiology of, 1185–1187
prevention of, guidelines for, 1188–1195
Chronic kidney disease, nutrition for, 1265–1283
body weight and composition maintenance in, 1276–1278
dietary patterns, 1266–1271
fluid and electrolyte balance, 1271–1274
nutritional deficiency prevention, 1275–1276
supplement assessment, 1278
Cirrhosis, liver, 1307–1308, 1321
Cognitive behavior therapy, 1165
Cognitive impairment, in older adults, 1247
Colorful foods, for cancer prevention, 1334–1336
Colostrum, 1219
Communication, 1158–1159
Complementary feeding, of infants, 1220
Comprehensive Assessment of Long Term Effects of Reducing Intake of Energy (CALERIE), 1345
Computed tomography, 1178
Confidence, 1164
Congenital anomalies, dietary patterns and, 1192
Constipation, in older adults, 1239–1240
Contemplation, in stages of change, 1163
Control beliefs, 1164–1165
Counseling
   for dietary guidelines, 1193–1194
   information for, 1157–1168
Cretinism, 1228

D
DASH (Dietary Approach to Stop Hypertension) diet, 1231, 1253–1254, 1258, 1269–1273, 1346
DASH-Sodium Trial, 1272
Dentition
   in nutritional assessment, 1175
   problems with, 1173
Department of Agriculture, Dietary Guidelines for Americans, 1188–1195
Department of Health and Human Services, Dietary Guidelines for Americans, 1188–1195
Depression, in older adults, 1247
DETERMINE checklist, 1241
Diabetes mellitus
   chronic kidney disease in, 1266–1271
   glycemic index in, 1257–1258
   type 2. See Insulin resistance (including diabetes type 2 and metabolic syndrome).
Diabetes Prevention Program, 1291
Diarrhea, 1173
Diet composition, for weight maintenance, 1350–1351
Diet diary, 1176–1177
Dietary Approach to Stop Hypertension (DASH) diet, 1231, 1253–1254, 1258, 1269–1273, 1346
Dietary Guidelines for Americans, 1186–1195, 1222
Dietary intake, food quality and, 1187
Dietary patterns
   for cancer prevention, 1334–1336
   for cardiovascular disease, 1252–1254
   for obesity, 1345–1346
   healthy, 1189–1192
Dietary Reference Intakes
   for fiber, 1240
   for older adults, 1243
DIOGENES (Diet, Obesity and Genes) study, 1351
DIRECT study, 1287
Discrepancy, in counseling, 1160–1161
DPP study, 1287
Dual-energy x-ray absorptiometry, 1178
Dutch Famine Study, 1227–1228
Dyslipidemia, in pediatric patients, 1229–1231
Dysphagia, 1173, 1238

E
Eating disorders, 1225, 1227
  in adolescents, 1223
  in pregnancy, 1206
Ecologic models, 1164
Edmonton Obesity Staging System, 1343
Elderly persons. See Older adults and aging.
Electrolyte balance, in chronic kidney disease, 1271–1274
Empathy, in counseling, 1160–1161
Encephalopathy, Wernicke, 1176
Energy deficit, in obesity treatment, 1343–1345
Energy expenditure of activity, 1343–1345
Energy requirements
  in pregnancy, 1200
  of adolescents, 1225–1226
  of older adults, 1246
  of toddlers, 1221
Enteral nutrition, for cancer, 1332–1333
Environmental strategies, for healthful dietary patterns, 1194–1195
Epigallocatechin gallate, for insulin resistance, 1296
Epigenetic factors, in metabolism, 1230
Escherichia coli, in food, 1229
Exercise
  for chronic kidney disease, 1277–1278
  for liver disease, 1320
  for weight loss, 1350

F
Fat(s), dietary
  in obesity diet, 1344–1345
  insulin resistance and, 1289–1290
  intake of, in pregnancy, 1200
  metabolism of, 1307
  types of, 1254–1257
Fiber
  for chronic kidney disease, 1270–1271
  for constipation, 1240
  for weight loss, 1351
  insulin resistance and, 1290–1291
  physiology of, 1289
Fibroblast growth factor 23, balance of, in chronic kidney disease, 1273–1274
5-2-1-0 campaign, 1230
A’s, for counseling, 1159–1160
Flavonoids, for insulin resistance, 1296
Fluid balance, in chronic kidney disease, 1271–1274
Folate, in pregnancy, 1201–1202
Food allergy, 1228–1229
Food safety
for children, 1229
in pregnancy, 1208
Formulas
for enteral feeding, in cancer, 1333
infant, 1219–1220
Frailty, 1246
Fructose, metabolism of, 1288–1289

G
Gallstones, in weight loss, 1349
Gastric bypass
lactation after, 1209–1210
pregnancy after, 1206–1207
Gastric emptying, in older adults, 1239
Gastroesophageal reflux disease, in older adults, 1239
Gastrointestinal motility, in older adults, 1238–1239
Gastrostomy tubes, for enteral feeding, in cancer, 1333
“Geriatric giants,” 1245–1246
Geriatric Nutrition Risk Index, 1242
Glucose, metabolism of, 1287
Glycemic index, 1257–1258, 1289
Glycemic load, 1289
Glycogen, insulin resistance and, 1286–1289
Growth, as marker for nutrition, 1218
Guideline on Lifestyle Management to Reduce Cardiovascular Risk, 1254, 1256

H
Hair, condition of, in nutritional assessment, 1175
Hair loss, in weight loss, 1350
Head circumference, as marker for nutrition, 1218
Health Belief Model, 1163–1164
Health Risk Assessments, electronic, 1158
HealthMain web site, 1194
“Healthy Active Living for Families,” 1230
Healthy Eating Index, 1187, 1222
Healthy Mediterranean-style Pattern, 1189–1191
Healthy US-style Pattern, 1189–1191
Healthy Vegetarian Pattern, 1189
Height, as marker for nutrition, 1218, 1223
Hemodilution, in pregnancy, 1200
Herbal supplements, for weight loss, 1351
Hesperidin, for insulin resistance, 1296
High-protein diet, 1346
Host, cancer interaction with, 1330–1331
Hyperlipidemia, in pediatric patients, 1231
Hypertension
  chronic kidney disease in, 1266–1271
dietary patterns for, 1253–1254
  in pediatric patients, 1229–1231
Hypoglycemia, in weight loss, 1349–1350
Hypotension, in weight loss, 1349–1350

I
Infants. See Pediatric patients.
Information resources, for nutrition care, 1158
Insulin resistance (including diabetes type 2 and metabolic syndrome), 1285–1302
dietary components affecting, 1286–1290
dietary interventions for, 1290–1293
dietary patterns and, 1190–1191, 1292–1294
endocrine disrupters causing, 1296–1297
micronutrients for, 1294–1295
pathogenesis of, 1286
plant polyphenols and, 1295–1296
prevalence of, 1285
Interviewing, motivational, 1160–1161
Intrauterine growth restriction, 1230
Iodine deficiency, in pregnancy, 1228
IQ scores, in malnutrition, 1227–1228
Iron deficiency and requirements, brain development and, 1227–1228
Iron supplements, 1202, 1220

J
Jejunostomy tubes, for enteral feeding, in cancer, 1333

K
Ketonemia, in pregnancy, 1203–1204
Kidney, chronic disease of. See Chronic kidney disease.
Korsakoff syndrome, 1176

L
Laboratory testing, in nutritional assessment, 1177
Lactation, nutrition for, 1208–1210, 1218–1220
Lead screening, in pregnancy, 1208
Length, as marker for nutrition, 1218
Lifestyle factors, guidelines for, 1188–1195
Lifestyle GPS, 1194
Liver, cirrhosis of, 1307–1308, 1321
Liver disease. See Nonalcoholic fatty liver disease.
Look AHEAD study, 1287, 1291–1292
Lutein, for cancer prevention, 1335
Lycopene, for cancer prevention, 1335

M
Magnesium, absorption of, in older adults, 1240–1241
Maintenance, in stages of change, 1163
Malabsorption, in older adults, 1240–1241
Malabsorption procedures
  lactation after, 1209–1210
  pregnancy after, 1206–1207
Malnutrition
  anthropometric indicators of, 1218
  assessment of. See Nutritional assessment.
  definition of, 1170–1172
  in cancer, 1329–1340
MDRD (Modification of Diet in Renal Disease) study, 1271
Medications, weight changes due to, 1174
Mediterranean-style diets, 1189–1191, 1252–1253, 1270
  for cardiovascular disease, 1252–1253
Mercury, in fish, 1203
Metabolic syndrome. See also Insulin resistance (including diabetes type 2 and metabolic
  syndrome).
  definition of, 1286
Micronutrients. See also Vitamin(s).
  for insulin resistance, 1294–1295
  screening for, in older adults, 1243–1245
Mineral balance, in chronic kidney disease, 1271–1274
Mini Nutritional Assessment, 1172, 1241–1242
Mini Nutritional Assessment-Short Form, 1241–1242
MOHR (My Own Health Report), 1158
Mortality, body mass index and, 1243
Motivational interviewing, 1160–1161
Multidisciplinary team approach, 1157–1158
Multiple gestations
  lactation in, 1209
  nutrition in, 1204
Muscle, wasting of, 1246–1247
My Own Health Report (MOHR), 1158

N
Naringin, for insulin resistance, 1296
National Dysphagia Diet, 1238
National Health and Nutrition Examination Survey, 1222
National Kidney Foundation Kidney Disease Outcome Quality Initiative, 1266, 1272–1274,
  1277
Neural tube defects, in folate deficiency, 1201–1202
Neurodevelopment, nutrition for, 1227–1228
Neurologic disorders
  dietary patterns and, 1192
in nutritional assessment, 1176
New Nordic Diet, 1293
Newborns, nutrition for, 1218–1220
Nonalcoholic fatty liver disease, 1303–1317
  causes of, 1304–1305
  nutrition for
    dietary patterns, 1306
    goals of, 1308–1309
    intervention recommendations for, 1310, 1312–1313
    maintenance, 1313–1321
    nutrition assessment, 1309–1311
  pathophysiology of, 1305–1307
  prevalence of, 1304
Nonalcoholic steatohepatitis (NASH), 1304
Normative beliefs, 1164–1165
Nursing
  nutrition in, 1208–1210
  recommendations for, 1218–1220
NUTRIC (Nutrition Risk in Critically Ill) scoring system, 1170–1171
Nutrition care
  assessment for. See Nutritional assessment.
  for cancer, 1329–1340
  for cardiovascular disease, 1251–1264
  for chronic disease prevention, 1185–1198
  for kidney disease, 1265–1283
  for liver disease, 1303–1327
  for obesity. See Obesity.
  for pediatric patients, 1217–1235
  for pregnancy and lactation, 1199–1215
  for type 2 diabetes, 1285–1302
Nutrition reference guidelines, for older adults, 1243
Nutrition Risk in Critically Ill (NUTRIC) scoring system, 1170–1171
Nutritional assessment, 1169–1183
  difficulties with, 1170–1172
  history in, 1172–1174
  in cancer, 1331–1332
  in older adults, 1241–1242
  initial screen of high predictive value in, 1176–1178
  initial screen of low predictive value in, 1176
  physical examination for, 1174–1176
Nutritional Risk Score-2002, 1172

O

Obesity
  cancer and, 1330, 1336
  causes of, 1341
  classification of, 1342–1343
  definition of, 1342–1343
  dietary patterns and, 1190–1192
  in adolescents, 1223, 1225
Obesity (continued)
  in chronic kidney disease, 1277–1278
  in pediatric patients, 1229–1231
  in pregnancy, 1204–1206
  insulin resistance in, 1286
  lactation in, 1209
  liver disease in, 1304–1305
  nutrition for, 1341–1356
  prevalence of, 1341
  treatment of
    complications of, 1348–1350
    dietary prescription, 1346
    dietary strategies for, 1343–1345
    dietary supplements, 1351
    expected outcome of, 1347–1348
    maintenance strategies, 1350–1351
    risk factors and, 1345–1346
    risks of, 1349–1350
Office practice, nutrition care in, 1157–1168
  behavior change theories in, 1161–1162
  cognitive behavioral therapy in, 1165
  communication in, 1158–1159
  encounter structure for, 1159–1160
  health belief model in, 1163–1164
  motivational interviewing for, 1160–1161
  planned behavior theory in, 1164–1165
  resources for, 1158
  shared decision making in, 1161
  social cognitive theory in, 1164
  stages of change in, 1162–1163
  team approach to, 1157–1158
  tools for, 1158
Older adults and aging, 1237–1250
  nutrition for
    anorexia and, 1246–1247
    assessment of, 1241–1242
    cognitive impairment and, 1247
    “geriatric giants” in, 1245–1246
    micronutrients status and, 1243–1245
    mortality risk and, 1243
    recommendations for, 1243
    screening for, 1242–1243
    physiology and pathophysiology of, 1238–1241
    weight loss in, 1172–1174
Olive oil, for liver disease, 1318
Omega-3-fatty acids, 1256–1257
  for liver disease, 1318
  in pregnancy, 1203
  insulin resistance and, 1290
OmniCARB diet, 1257–1258
OmniHeart (Optimal Macronutrient Intake Trial to Prevent Heart Disease), 1254, 1269–1270
ORIGIN study, 1287
Orlistat, for weight loss, 1351
Ornish diet, 1293–1294
Outcome expectancies, 1164

P
Palliative care, nutrition in, 1331–1332
Parathyroid hormone, balance of, in chronic kidney disease, 1273–1274
Parental nutrition, for cancer, 1334
Patient-generated Subjective Global Assessment, 1331–1332
Pediatric patients, nutrition for, 1217–1235
  birth to one year, 1218–1220
  brain development and, 1227–1228
  cardiovascular disorders, 1229–1231
  food allergies, 1228–1229
  food safety, 1229
  four to 12 years, 1222–1223
Peer pressure, for adolescents, 1223
Personalized nutrition care, 1193–1194
Pesticides, in food, 1229
Phosphate binders, for chronic kidney disease, 1278
Phosphorus balance, in chronic kidney disease, 1273–1274
Phytochemicals, for cancer prevention, 1334–1336
PIVENS trial, 1314–1315
Planned behavior, theory of, 1164–1165
Polyphenols, for insulin resistance, 1292, 1295–1296
Polysaccharides, insulin resistance and, 1286–1289
Potassium, in chronic kidney disease, 1272
Pounds Lost diet, 1346
Precontemplation, in stages of change, 1163
PREVENTION mnemonic, 1309
Pregnancy, nutrition in, 1199–1208
  after bariatric surgery, 1206
  energy expenditure and, 1200
  food safety, 1208
  in multiple gestations, 1204–1206
  in vegetarians, 1206–1208
  information resources for, 1210
  laboratory testing for, 1200
  nutrient requirements, 1200–1203
  weight gain recommendations, 1203–1204
  with eating disorders, 1206–1207
Preparation, in stages of change, 1163
Prevención con dieta Mediterránea (PREDIMED), 1253, 1270, 1287
Prevention and Management of Overweight and Obesity, 1192–1193
Prognostic Nutrition Index, 1331
Protein(s)
  allergy to, 1228–1229
  for older adults, 1247
Protein(s) (continued)
  in obesity diet, 1344–1345
  introduction to children, 1220
  metabolism of, 1307
  requirements of
    in adolescents, 1225
    in pregnancy, 1200
  wasting of, in chronic kidney disease, 1276
Protein-energy malnutrition, in cancer, 1330–1331
Psychologic disorders, dietary patterns and, 1192
Puberty, 1218, 1224–1225
Pubic hair development, 1224–1225

Q
Quercetin, in insulin resistance, 1296

R
Radiation therapy, malnutrition due to, 1330
Radioallergosorbent test, 1228–1229
Rapid Eating and Activity Assessment for Patients (REAP), 1158
Raw milk, safety of, 1229
Readiness, for counseling, 1160–1161
REAP (Rapid Eating and Activity Assessment for Patients), 1158
Recommended Dietary Allowance, in pregnancy, 1200–1203
Refer, in dietary counseling, 1159–1160
Resources, for nutrition care, 1158
Resting metabolic rate, 1343–1345, 1348–1349
Resveratrol, for insulin resistance, 1296
Roll with resistance, in counseling, 1161

S
Safety, food
  for children, 1229
  in pregnancy, 1208
Salt. See Sodium.
Sarcopenia, 1246–1247, 1330
Saturated fat, 1254, 1256, 1289–1290
Selenium, for insulin resistance, 1294–1295
Self-determination theory, 1161–1162
Self-efficacy, 1160–1161, 1164
7-day diet record, 1176–1177
Sexual maturity, 1224–1225
Shared decision making, 1161
Short bowel syndrome, 1173
Skin disorders, in nutritional assessment, 1175–1176
Social cognitive theory, 1164
Social learning theory, 1164
Sodium
Index

cardiovascular disease and, 1258
chronic kidney disease and, 1271–1274
Starch, insulin resistance and, 1286–1289
Subjective Global Assessment, 1331–1332
Sugars, insulin resistance and, 1286–1289
Supplements, for weight loss, 1351
Sustainable Development Goals, 1187
Swallowing, disorders of, in older adults, 1238

T
Tanner stages, 1224–1225
Team approach, 1157–1158
Themic effect of food, 1343–1345
“Thrifty phenotype hypothesis,” 1230
Toddlers, nutrition for, 1220–1221
Tools, for nutrition care, 1158
Total daily energy expenditure, 1343–1345
Total parental nutrition, for cancer, 1334
Toxins, in food, 1229
Trans fat, 1256, 1290
Transtheoretical States of Change model, 1162–1163
24-hour recall record, 1176–1177
Twin(s), lactation for, 1209
Twin gestations, nutrition in, 1204

U
UNSAT diet, 1269–1270
Unsaturated fat (UNSAT) diet, 1269–1270
Urticaria, 1228–1229

V
Vegetarian diets, 1189–1191, 1210
VITAL (Vitamin D and Omega-3 Trial), 1256–1257
Vitamin(s)
absorption of, in older adults, 1240–1241
deficiencies and requirements of, 1175–1178, 1186
for insulin resistance, 1295
in lactation, 1209
in liver disease, 1308, 1314–1315
in older adults, 1243–1245
in pediatric patients, 1219
in pregnancy, 1200–1203
metabolism of, 1307
Vitamin D and Omega-3 Trial (VITAL), 1256–1257

W
Waist circumference, in nutritional assessment, 1174–1175
Water intake, in chronic kidney disease, 1271–1273
WAVE (Weight, Activity, Variety, and Excess) tool, 1158
Weaning, 1220
Weight, as marker for nutrition, 1218
Weight, Activity, Variety, and Excess (WAVE) tool, 1158
Weight gain
   in cancer, 1330
   in pregnancy, 1203–1204
Weight loss. See also Obesity, treatment of.
   for liver disease, 1309, 1312–1317, 1320
   in cancer, 1330, 1332
   in chronic kidney disease, 1277–1278
   involuntary, 1172–1174
   limited, in obesity treatment, 1348
   plateau of, 1348–1349
   rapid, 1349–1350
Weight in chronic kidney disease, 1276–1278
Wernicke encephalopathy, 1176
World Health Organization, growth curves of, 1218