

OXFORD INDIA PAPERBACKS

# Clinical Dietetics and Nutrition



FOURTH EDITION

F.P. Antia & Philip Abraham



# CLINICAL DIETETICS AND NUTRITION

Fourth Edition

**F.P. ANTIA**

M.D. (Bom.), M.S. (Ill.), F.A.M.S., F.R.C.P (Lond.)

Consultant Gastroenterologist, B.D. Petit Hospital, Mumbai

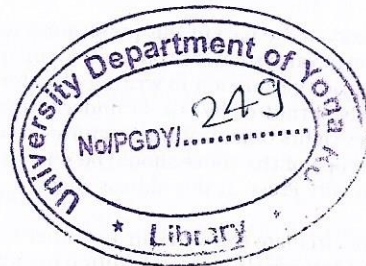
Consultant Gastroenterologist, Breach Candy Hospital, Mumbai

**PHILIP ABRAHAM**

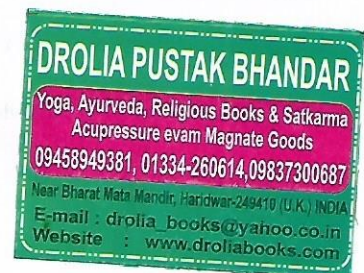
M.D. (Bom.), F.C.P.S., D.N.B., F.I.C.P

Professor and Head, Department of Gastroenterology

K.E.M. Hospital, Mumbai



**OXFORD**  
UNIVERSITY PRESS



---

# CONTENTS

---

Preface to the Fourth Edition	V
Preface to the Third Edition	XII
Preface to the Second Edition	XI
Foreword to the First Edition by F Avery Jones	XIII
Preface to the First Edition	XV

## PART I: NUTRITION

1 ENERGY (CALORIES)	1	15 VITAMIN D	94
2 PROTEINS	4	16 VITAMIN E	101
3 LIPIDS		17 VITAMIN K	106
(FATS AND CHOLESTEROL)	22	18 BIOFLAVONOIDS (VITAMIN P)	110
4 CARBOHYDRATES	32	19 SODIUM	111
5 THIAMINE		20 POTASSIUM	120
(VITAMIN B <sub>1</sub> , ANEURINE)	43	21 IRON	127
6 RIBOFLAVIN	48	22 CALCIUM	136
7 VITAMIN B <sub>6</sub>		23 PHOSPHATE	146
(PYRIDOXINE, ADERMIN)	50	24 MAGNESIUM	149
8 NICOTINIC ACID		25 MANGANESE	152
(NIACIN, NICOTINAMIDE)	54	26 IODINE	154
9 FOLIC ACID (FOLATE, FOLACIN, PTEROYLGLUTAMIC ACID)	59	27 COPPER	158
10 VITAMIN B <sub>12</sub> (COBALAMINS)	65	28 COBALT	161
11 PANTOTHENIC ACID		29 CHLORIDE	162
(FILTRATE FACTOR)	72	30 FLUORIDE	163
12 INOSITOL; CHOLINE; BIOTIN	74	31 TRACE ELEMENTS	167
13 ASCORBIC ACID (VITAMIN C)	76	32 DIETARY FIBER	173
14 VITAMIN A (RETINOL)	82	33 WATER	179

## PART II: FOODS

34 WHEAT	185	37 SOYA BEAN	
35 RICE	189	(GLYCINE HISPIDA, GLYCINE MAX)	195
36 PULSES AND BEANS	192		

38 MAIZE (ZEA MAYS)	197	46 NUTS AND DRIED FRUITS	224
39 MILLETS	200	47 SWEET FOODS AND SWEETENING AGENTS	227
40 MILK	201	48 SPICES	231
41 EGG	209	49 BEVERAGES	235
42 MEAT AND SOUPS	212	50 ALCOHOL (ETHYL ALCOHOL, ETHANOL, C <sub>2</sub> H <sub>5</sub> OH)	239
43 FISH	215		
44 VEGETABLES	218		
45 FRUITS	221		

## PART III: CLINICAL DIETETICS

51 DIET PRESCRIPTION	251	66 UNDERWEIGHT	332
52 PEPTIC ULCER (GASTRIC ULCER, DUODENAL ULCER)	257	67 OBESITY	336
53 FLATULENCE	265	68 DIABETES MELLITUS	347
54 CONSTIPATION	269	69 GOUT	369
55 DIARRHEA AND DYSENTERY	275	70 KIDNEY DISEASES	375
56 MALABSORPTION SYNDROME	282	71 KIDNEY (RENAL) FAILURE (URAEMIA): ACUTE AND CHRONIC	380
57 INFLAMMATORY BOWEL DISEASE (ULCERATIVE COLITIS, CROHN'S DISEASE)	290	72 KIDNEY STONES (UROLITHIASIS)	390
58 LIVER DISEASES	295	73 CORONARY HEART DISEASE AND ATHEROSCLEROSIS	395
59 JAUNDICE (VIRAL HEPATITIS)	298	74 HIGH BLOOD PRESSURE (HYPERTENSION)	422
60 HEPATIC COMA (FULMINANT HEPATITIS, PORTAL-SYSTEMIC ENCEPHALOPATHY)	305	75 CONGESTIVE CARDIAC FAILURE	429
61 CIRRHOSIS OF LIVER (HEPATIC CIRRHOSIS)	310	76 ACID AND ALKALINE FOODS	432
62 FATTY LIVER	315	77 TUBE FEEDING (ENTERAL FEEDING)	433
63 PROTEIN-ENERGY MALNUTRITION (PEM) [PROTEIN-CALORIE MALNUTRITION (PCM), KWASHIORKOR, MARASMUS]	318	78 PARENTERAL NUTRITION (INTRAVENOUS FEEDING)	442
64 GALLSTONE DISEASE	323	79 PREGNANCY AND LACTATION	453
65 ANEMIA	328	80 DIET FOR CHILDREN	461
		81 DIET IN OLD AGE	463
		82 DIET FOR ATHLETES	467

## PART IV: TABLES OF FOOD VALUES

IV.1A	Calorie Value of Alcoholic Beverages	473
IV.1B	Protein, Fat, Carbohydrate and Calorie Values of Average Portions Served	473
IV.2	Thiamine, Riboflavin, Nicotinic Acid Equivalent of Foods as Served	482
IV.3	Vitamin C Content of Foods	484
IV.4A	Vitamin A Content of Foods	486
IV.4B	Carotene Content of Foods	486
IV.5	Vitamin D Content of Foods	487



## CONTENTS

xix

IV.6	Mineral Content of Foods	488
IV.7	Food Values of Cereals (Uncooked) per 100 g	491
IV.8	Food Values of Pulses, Dried Peas and Beans (Uncooked) per 100 g	492
IV.9	Food Values of Spices per 100 g	493
IV.10	Food and Nutrition Board, National Academy of Sciences/National Research Council Recommended Daily Dietary Allowances, Revised 1989	494
IV.11A	Height (Inches), Weight (Pounds) for Indian Men	495
IV.11B	Height (Centimeters), Weight (Kilograms) for Indian Men	496
IV.11C	Height (Inches), Weight (Pounds) for Indian Women	496
IV.11D	Height (Centimeters), Weight (Kilograms) for Indian Women	497
IV.12A	Desirable Weights (Pounds) for Men of Ages 25–59 According to Frame	497
IV.12B	Desirable Weights (Pounds) for Women of Ages 25–59 According to Frame	498
	INDEX	499

# OXFORD INDIA PAPERBACKS

This book fulfills the need for a balanced report on current understanding of dietetics and nutrition. It sifts through mountains of literature and constructs a concrete structure from scattered information. Data that are still speculative are identified as such, facts are so stated and erroneous beliefs are exposed. All this is done in a language that dietitians, nutritionists, medical professionals and busy homemakers are all comfortable with. The latest edition has been fully updated (with up-to-date references provided) and is more crisp but accommodating.

This latest edition has retained the earlier four part format, wherein the first deals with the elements of dietetics and nutrition, the second deals with the food items, the third with clinical dietetics and the fourth with nutritional values.

Dr. F.P. Antia is Consultant Gastroenterologist, Breach Candy Hospital, Mumbai.

Dr. Philip Abraham is Professor and Head, Department of Gastroenterology, KEM Hospital and Seth GS Medical College, Mumbai.

**OXFORD**  
UNIVERSITY PRESS

[www.oup.com](http://www.oup.com)

## OTHER OXFORD BOOKS

C. GOPALAN AND  
KAMALA KRISHNASWAMY  
Nutrition in Major Metabolic Diseases

MARGARET BISWAS AND MAMDOUH GABR  
Nutrition in the Nineties Policy Issues

D. LABADARIOS AND A. HAFJEJEE  
Handbook of Clinical Nutrition

PRAVEEN AGGARWAL AND  
JYOTI PRAKASH WALI  
Diagnosis and Management of Common  
Poisoning

D.D. GAUR  
Retroperitoneal Laparoscopic Urology

ISBN 0-19-566415-9



₹ 710