Contents

1. **Calculation of the Composition and Energy Content of a Given Diet** *1*
2. **Evaluation of a Given Diet** *29*
3. **Framing a Diet with Given Specifications** *41*
4. **Improving a Poor Diet with Minimum Alteration and Minimum Additional Expense** ... *71*
5. **Framing Diets for Common Diseases** *88*

Appendices

I. *Tape Slide Program: What, Why and How?* *161*
II. *Units of Energy in Nutrition* *166*
III. *Units of Measurement in the Kitchen* *167*
IV. *Classification of Obesity* *168*
V. *Energy Cost of Everyday Activities* *170*

Bibliography *175*

Index *177*