INDEX

In the index, references to individual volumes are listed before colons; numbers following a colon refer to specific page numbers within that particular volume. **Boldface** references indicate main topical essays. Photographs and illustration references are highlighted with an italicized *r*.

A

A blood type, 1:107, 108
A list foods (Rosedale diet), 2:842
AAFP. See American Academy of Family Physicians
AAP. See American Academy of Pediatrics
AB blood type, 1:107, 108
Abdominal exercises, 1:3, 2:868
Acid reflux disease.
Acid blockers, 2:945
Acid-base balance, osteoporosis and, 1:302
ABIDE (Association Body Image for Disordered Eating), 1:118
Abs diet, 1:5
Abscesses, intestinal, 1:315
Abs diet, 1:5
AB blood type, 1:107, 108
Acetyl coenzyme A, 2:686, 688
Acetest urine tests, 1:273
Acetazolamide, 1:308, 309
Acesulfame potassium, 1:77
Acculturation, of Hispanic-Americans, 1:530–531
Academy of General Dentistry, 1:556
Acamprosate, 1:35
Academy of Ophthalmology, 1:107
Academy of Pediatric Dentistry, 1:556
Academy of Ophthalmology, 1:107
Academy of Breastfeeding Medicine, 1:556
Academy of Nutrition and Dietetics, 1:556
Academy of Ophthalmology, 1:107
Acetadote, 1:308
Activation diet, 1:5
Acute respiratory failure, 1:5
Activated foods, 2:821
Additives.
Addiction, of drugs. See Substance abuse
Addiction, alcohol. See Alcohol use disorders
Addiction, tobacco. See Tobacco use disorders
Addiction, of nicotine. See Tobacco use disorders
Addiction, of alcohol. See Alcohol use disorders
Addiction, of drugs. See Substance abuse
ADHD diet, 1:8–13
Adhesion, phytochemicals and, 2:800
ADI (acceptable daily intake), of artificial sweeteners, 1:78–79
Adolescent girls
eating disorders, 1:14, 16, 331, 2:784
weight cycling, 2:1005
Adolescent nutrition, 1:13–17
artificial sweeteners, 1:79
biotin, 1:104, 105
calcium, 1:146, 147, 2:764, 764t
choline, 1:215t, 216
copper, 1:217t
fiber, 1:382t, 521
fluoride, 1:389t, 390
folate, 1:392t, 393
fruit recommendations, 1:440t
selenium, 2:855, 855t
sodium, 2:800t, 801
vitamin A, 2:964t, 966, 969
vitamin B6, 2:968t
vitamin B12, 2:972, 972t
vitamin C, 2:975t, 976
vitamin E, 2:983t, 984
vitamin K, 2:987t, 988
water, 2:1003t
zinc, 2:1021t, 1023
Adolescents
alcohol consumption risks, 1:35
BMI, 1:121
body image, 1:117–118
carbohydrate addiction, 1:168
diabetes programs, 1:38
ergogenic aids, 1:356
hyperhydration, 2:1004
Trim Kids program for, 2:937–941
veganism, 2:954
Adrenaline. See Epinephrine
Adult nutrition, 1:17–20
biotin, 1:104t, 105
calcium, 1:146t, 147, 2:764, 764t
copper, 1:227t
folate, 1:392t, 393
molybdenum, 2:693–694, 693t
pantothenic acid, 2:786t
selenium, 2:855, 855t
sodium, 2:800t, 801
vitamin B12, 2:972, 972t
Acoenemia. See ACOG
Acoenemia (American College of Obstetricians and Gynecologists), 2:683
Acquired immunodeficiency syndrome. See AIDS/HIV infection
Acrodermatitis enteropathica, 2:1023, 1024
Acetigall (ursodiol), 1:448
Activated foods, 2:821
Active weight loss phase, Optifast, 2:746
Acute abdominal pain, 1:302
Acute vitamin A excess, 2:966
ADA. See American Diabetes Association; American Dietetic Association
ADD. See Attention-deficit/hyperactivity disorder
Addison’s disease, DHEA and, 1:268
Adenosine triphosphate (ATP), 2:686, 688, 818
Adverse Intake (AI)
biotin, 1:104–105, 104t
calcium, 1:146t, 147, 611
defined, 1:289
fiber, 1:316, 511
fluoride, 1:390
folate, 1:392t, 393
magnesium, 2:639t, 641
manganese, 2:647t, 647
niacin, 2:709t, 710
pantothenic acid, 2:786, 786t
riboflavin, 2:834, 834t
sodium, 2:800t, 801
vitamin B6, 2:968–969, 968t
vitamin B12, 2:972, 972t
vitamin C, 2:975, 976
vitamin E, 2:983t, 984
vitamin K, 2:987, 988
water, 2:1003t
ADHD. See Attention-deficit/hyperactivity disorder
Adult nutrition, 1:17–20
biotin, 1:104t, 105
calcium, 1:146t, 147, 2:764, 764t
copper, 1:227t
folate, 1:392t, 393
molybdenum, 2:693–694, 693t
pantothenic acid, 2:786t
selenium, 2:855, 855t
sodium, 2:800t, 801
vitamin B12, 2:972, 972t