

**Transition Guide**

**Discovering Nutrition, Fourth Edition**

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**Main Updates**

* Updated Design - interior layout has been upgraded and modernized
* MyPlate
* 2010 Dietary Guidelines
* New Dietary Reference Intakes
* ADA name change to Academy of Nutrition and Dietetics
* The food composition tables and several additional appendices were removed from the back of the book and can now be found in the *Food Composition Tables and Appendices* supplement. This easy-to-use reference features the nutrient values found in a variety of foods. Additionally, students will have quick access to the USDA Food Intake Patterns, Vitamin and Mineral Summary Tables, Calculations and Conversions, and more. The supplement is available as a bundle item at no additional cost.

**Spotlight on Alcohol**

* Updated References
* Updated information from Dietary Guidelines for Americans, 2010
* Updated Statistics on liver disease, pregnancy and alcohol, alcohol as a cause of death, alcohol and college students

**Spotlight on Metabolism**

* Updated References
* Discussion of ATP, NADH and FADH as compounds with recurring roles in metabolism
* Updated discussion of Feasting and Fasting – how each affects metabolism

**Spotlight on Eating Disorders**

* Updated References
* Updated data and recommendations from American Dietetic Association
* Updated discussion of eating disorders and maladaptive coping patters
* College environment and eating disorders
* Discussion of Binge eating
* Updated discussion of Female Athlete Triad
* Discussion of Infantile Anorexia

**Major Chapter Changes**

**Chapter 1:**

* Food craving information moved to chapter on pregnancy
* Quick Bites 1.3, *Dining on Clay*, moved to Chapter 12
* Includes updated information from the 2010 Dietary Guidelines for Americans
* New section on “Diet and Health,” including sections on obesity and physical activity
* For Your Information, *Are Nutrigenomics in Your Future*, moved to Food Technology chapter
* Updated references

**Chapter 2:**

* New section on “Planning How You Will Eat” contains updated MyPlate information
* New section on dietary guidelines around the words, including the Japanese Food Guide Spinning Top
* New section on the Dietary Guidelines for Americans, 2010, describes the new guidelines in depth, and how they’ve evolved over time
* New section on MyPlate describes the USDA’s new guidelines
  + Updated section on using MyPlate in food planning
* New section on the use of Exchange Lists in food planning

**Chapter 3:**

* Updated section on the position of the American Dietetic Association on functional foods
* Updated section on regulatory issues for functional foods
* New section on vitamin and mineral supplements
* Updated references
* Questions to ask to assess the credibility of websites

**Chapter 5:**

* Updated section on risk factors for diabetes

**Chapter 6:**

* Updated References

**Chapter 7:**

* Updated References

**Chapter 8:**

* Updated References
* New table demonstrating portion sizes
* Updated section on Social and Environmental factors
* Updated section on Weight Cycling

**Chapter 9: Updated section**

* Updated references
* Updated section- Vitamin A and Bones
* Updated section- Carotenoids
* Updates to DRI values for Vitamin D
* Updated section- Sources of Vitamin D
* Niacin Toxicity
* Vitamin B6 Toxicity
* FYI: *Fresh, Frozen or Canned? Raw, Dried, or Cooked?*

**Chapter 10: Updated Sections**

* Updated References
* Updated Quick Bite: *How Do Desert-Dwelling Animals Avoid Dehydration?*
* Updated Figures
* New Section: Hypertension (relationship to minerals)
* Discussion of DASH dietary recommendations
* Updated Sodium Intake Dietary Recommendations
* Updated Calcium DRI’s
* Updated Section: Selenium Deficiency and Toxicity
* New Quick Bite: *Potassium Iodide Panic*
* Updated Section: Dietary Recommendations and Sources of Fluoride
* Updated Section: Dietary Recommendations and Sources of Chromium
* Updated FYI: Tap, Filtered, or Bottled: Which Water Is Best?
* Quick Bite: *Is Airline Drinking Water Tainted?*
* Table 10.2: Sodium Content of Various Foods
* Dietary Guidelines for Americans, 2010- Key Recommendations: Foods and Food Components to Reduce
* FYI: Zin*c and the Common Cold*

**Chapter 11:**

* Updated References
* The Physical Activity Guidelines for Americans
* Updated Section: Carbohydrate Intake Following Exercise
* Updated Section: Protein Recommendations for Athletes
* Updated information: Iron deficiency and female athletes
* Updated Section: Regulation and Concerns about Dietary and Herbal Supplements
* Quick Bite: *The Burn to the Finish*

**Chapter 12:**

* Updated References
* New pregnancy weight gain guidelines: , from the Institute of Medicine and the National Research Council
* Updated information: The Dietary Guidelines for Americans, 2010
  + Pregnancy
  + Balancing Calories to Manage Weight
* Caffeine and pregnancy
* Vitamin D and Pregnancy
* Table 12.3 Guidelines for Weight Gain During Pregnancy
* FYI: *Fruit Juices*

**Chapter 13:**

* Updated References
* Updates of Dietary Guidelines for Americans, 2010
* MyPlate dietary recommendations for Children
* Discussion of USDA Nutrition assistance programs
* Children and Vitamin D exposure
* Updated section: Influences on Adolescent Food Intake
* Updated Section: Weight and Body Composition
* Updated: American Dietetic Association: Dietary Guidance for Healthy Children Aged 2 to 11 Years
* Updated FYI: *Overweight in Children and Teens: Whose Problem Is It?*
* Updated: Canada’s Physical Activity Guidelines

**Chapter 14**

* Updated References
* Discussion of FDA Food Safety Modernization Act (FSMA)
* Updated discussion of: The Public Health Security and Bioterrorism Preparedness and Response Act of 2002
* Updated information from Dietary Recommendations 2010
* Updated Food Safety Recommendations
* Updated Figures- Major Genetically Modified Crop production companies

**Chapter 15**

* Updated References
* Updated data in Section: World View of Nutrition: The Faces of Global Malnutrition
* Updated FYI with discussion of Supplemental Nutrition Assistance Program (SNAP)
* Updated discussion of Feeding America (was America’s Second Harvest Food Bank)
* Malnutrition in developed countries
* HIV Data
* Updated Table 15.1: Poverty Guidelines: Income Levels Defined as Poverty for a Given Household Size
* Updated: Table 15.3 USDA Food and Nutrition Service Food Assistance Programs
* New Quick Bite: *A Dire Doubling in less than Three Decades*
* New and updated figures- Global Nutrition Transition and Obesity