



Nutrition in the Middle and Later Years

Elaine B. Feldman

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Nutrition in the Middle and Later Years focuses on the behavioral and biochemical aspects of eating geared to the population aged 45 or older.

The selection first offers information on nutrition and lifestyle and nutritional requirements and the appropriate use of supplements. Topics include proteins, carbohydrates, fat soluble vitamins, minerals, status and aging, social isolation, and loss of income or reliance on fixed income. The text then elaborates on animal models in aging research and evaluation and treatment of obesity.

The manuscript takes a look at alcoholism and nutritional factors in cardiovascular disease. Discussions focus on diet and atherosclerosis, general aspects of carbohydrate, lipid, and protein metabolism in the alcoholic, and management of elderly alcoholic. The text also examines the relationship of nutrition and cancer, nutrition and gastrointestinal tract disorders, and neurological manifestations of nutritional deficiencies.

The selection is highly recommended for nutritionists and readers wanting to conduct studies on nutrition during the middle and later years.

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