Bone mass (contd.)
  exercise, 171-172
  hip fracture, 188
  physical activity, 171-172
Bone metabolism, menopause, 39
Bone mineral density
  amenorrhea, 171-172
  hip fracture, 157
  protein supplementation, 156-157
Bone mineralization, fluoridation, 191
Bone turnover, progestin, 163
Brain, zinc, 69
Brain function, aging, 69-70
Brain mineral metabolism, Alzheimer's
disease, 193-199
Brain structure, aging, 69-70
Breast cancer
  estrogen, 164, 189-190
  progestin, 164
Bronchitis, 11

C
Cachectin, 69
Cadmium toxicity, 147
Calcium absorption, 47
  wheat bran, 49
Calcium homeostasis
  Alzheimer's disease, 197-198
  dementia, 197-198
  gastrointestinal absorption, 197
Calcium supplementation, 188
Cancer, 8, 9
  anorexia, 104-105
  linoleic acid, 124
  n-3 fatty acid, 126
Canola oil, 126
Carbohydrate absorption, 46
Carbohydrate metabolism, energy
  metabolism, 58
Casein hydrolysate
  aging, 83-84
  biochemical status, 83-84
Catecholamine, energy intake, 103
Cell cycle, aging, 92
Cell subset distribution, 92-93
Cholesterol, 121
  colon cancer, 72
  low, 72
  risk factor, 15-16
Choline acetyltransferase
  Alzheimer's disease, 194
  normal, 194
Chromium deficiency, 148-149
Chronic disease, nutrition, 2
Chronic wasting disease
  malnutrition, 4
  protein-energy malnutrition, 4
Cognitive impairment, hip fracture, 189
Colon cancer, cholesterol, 72
Copper, 146
  immune response, 146-147, 147
Cortical bone, fluoride therapy, 182-183
Creatinine clearance, 30, 33-34
Crescentic glomerulonephritis, 34

D
Death
  by cause, 8-9
  multiple causes, 15
Degenerative disease, 1
  energy metabolism, 55
Dehydration, 33
  institutionalized elderly, 212
Dementia. See also Alzheimer's disease
  bone mass, 198
  calcium homeostasis, 197-198
  gastrointestinal absorption, 197
  hip fracture, 189
Developing country, elderly, 14
Diabetes, 8, 9, 11
Diabetic nephropathy, 34
Dialysis encephalopathy, aluminum, 195
Diet
  glomerular sclerosis, 31-32
  underreporting, 107
Diet-induced thermogenesis, 53
  energy output, 102
Diet treatment, anergy, 96
Dietary fat, 119-125
  eicosanoid, 122-124
  food consumption pattern, 119-120
  heart disease, 121
  lipid metabolism, 121
  overweight, 120
  polyunsaturated fatty acid, 122-124
  recommendations, 124-125
Dietary history
  3-day record method, 18
  adapted method, 18
  recall survey. See Recall survey
Dietary pattern, 202
Dietary supplementation
  hip fracture, 154-157
  bone mineral density, 157
Subject Index

225

inadequate food intake during hospital stay, 154–155 nutritional deficiencies on admission, 154 protein, 156–157 institutionalized elderly, 214, 216 Disease, immune response, 93–95 Diuretics, osteoporosis, 190

Europe (contd.)
- food beliefs, 27
- food table, 23
- food types, 20–22
- lifestyle, 26
- macronutrient intake, 22
- meal pattern, 20
- Mediterranean diet, 26
- method selection, 18
- method standardization, 20
- nonresponder, 25
- nutrient database, 22–23
- past eating habits, 26
- physical activity, 26
- physical measures, 26
- questionnaire, 23–24
- questionnaire design, 18
- representativeness, 25
- study design, 17–24
- study objective, 17–24

Exercise, 12–13
- bone density, 190
- bone mass, 171–172
- capacity, 54
- endocrine function, 42
- energy metabolism, 53–56
- energy output, 101–102
- institutionalized elderly, 213
- osteoporosis, 169–174
- mechanisms, 170–171
- protein intake, 117
- testosterone, 42

F
- Fadism, 207
- Fall, 9, 189
  - hip fracture, 188
- Fat absorption, 46
- Fat intake, 106
- Fat metabolism, energy metabolism, 58
- Feeding, central control mechanism, 102–103
- Femoral bone mineral density, hip fracture, 151–157
- epidemiological aspects, 151–152
- relationship, 152–153
- Femur, bone loss, 188
- Fiber
  - energy intake, 59
  - energy metabolism, 59
- Flavor preference, 80–83
- Fluoridation, bone mineralization, 191

Fluoride therapy
- cortical bone, 182–183
- non-vertebral fracture, 182–183
- vertebral osteoporosis, 177–184
- bioavailability, 178–181
- bone density, 178–181
- dose, 178–181
- efficacy, 178–181
- gastrointestinal side effects, 181
- side effects, 181–182
- vertebral fracture rate, 178–181

Fluorine, 146
- Fluorine toxicity, 147
- Folate, 137
- Follicle-stimulating hormone, 38
- Food beliefs, 207
- Food consumption pattern, dietary fat, 119–120
- Food flavor, immune response, 96
- Food habits
  - cross-cultural, 17–25
  - Europe, 17–25
    - calcium, 20–22
    - countries participating, 19
    - energy expenditure, 27
    - energy intake, 23
    - Eurocode, 20
    - food beliefs, 27
    - food table, 26
    - food types, 20–22
    - lifestyle, 26
    - macronutrient intake, 23
    - meal pattern, 20
    - Mediterranean diet, 23
    - method selection, 18
    - method standardization, 20
    - nonresponder, 25
    - nutrient database, 22–23
    - past eating habits, 26
    - physical activity, 27
    - physical measures, 26
    - questionnaire, 23–24
    - questionnaire design, 18
    - representativeness, 25
    - study design, 17–25
    - study objective, 17–25
- Food industry
  - home nutrition, 206, 208
  - practical nutrition, 206, 208
- Food intake, recall. See Recall survey
- Food lipid, 119
- Food palatability, energy balance, 106
Food restriction, survival, 2
Free-living elderly
  thiamin, 3
  vitamin B₆, 3
  vitamin C, 3
Furosemide, renal function, 33

G
Gastric atrophy, 44–45
Gastric emptying rate, 45–46
  hypochlorhydria, 46
Gastrointestinal function, 43–48
  motility, 45–46
Georgia Centenarian Study, 43, 44
Glomerular basement membrane, 30–31
Glomerular sclerosis, 31
  development, 31–32
  dietary manipulations, 31–32
Glomerulonephritis, chronic, 30
Glomerulus, number decline, 29
Glucose intolerance, n-3 fatty acid, 123
Gonadotropin, postmenopausal woman, 38

H
Health Interview Survey, 7
Health status, 11–12
Healthy aging, 107
Hearing impairment, 11
Heart disease, 8, 9
  dietary fat, 121
  estrogen, 164
  hormone replacement, 41–42
  n-3 fatty acid, 126
  risk factor, 10–11
Hematopoietic stem cell, 90–91
High-density lipoprotein, 121
High-fiber diet, 49–50
High protein, renal function, 36
Hip fracture, 9
  bone mass, 188
  bone mineral density, 157
  cognitive impairment, 189
  dementia, 189
  dietary supplementation, 154–157
    bone mineral density, 157
    inadequate food intake during hospital stay, 154–155
    nutritional deficiencies on admission, 154
    protein, 156–157
  estrogen, 163
fall, 188
  femoral bone mineral density, 151–157
    epidemiological aspects, 151–152
    relationship, 152–153
  nutrition, 153
  protein supplementation, 156–157
Hispanic, 15
Home nutrition, 202–207
  food industry, 206, 208
Hormone replacement
  heart disease, 41–42
  osteoporosis, 41, 42. See also Estrogen
  postmenopausal woman, 41, 42. See also Estrogen
Hospital discharge data, 9, 10
Hospital Discharge Survey, 7
25-Hydroxy-cholecalciferol, 135
Hyperlipidemia, 127
Hyperparathyroidism, 190
Hypertension, 10–11, 11
  protein intake, 36
  sodium intake, 36
Hypochlorhydria
  gastric emptying rate, 46
  nutrient bioavailability, 45

I
Immune competent precursor, differentiation, 90–91
Immune response, 89–95
  copper, 146–147, 147
  disease, 93–95
  food flavor, 96
  infection, 15
  iron, 146–147
  lipid, 96–97
  manganese, 147
  nutrition, 94
  regulatory changes, 93
  selenium, 147
  stress, 96
  zinc, 69, 94, 146–147, 147
Independent living, 1
Indomethacin, renal function, 33
Infection, immune system, 15
Institutionalized elderly. See also Nursing home
  anorexia of aging, 217
  assisted eating, 216, 217
  dehydration, 212
  dietary supplement, 214, 216
  exercise, 213
SUBJECT INDEX

Institutionalized elderly (contd.)
  meal distribution, 213–214
  meal environment, 213
  medication, 213
  nutrient density, 216
  oral health, 212–213
  physical activity, 213
  practical nutrition, 211–214
  factors, 211
  protein-energy malnutrition, 107
  speed of eating, 216
  staff knowledge, 214, 216
  terminal phase of life, 214
  Insulin-like growth factor, 118
  Interglomerular imbalance, 31
  International Union of Nutritional
    Sciences, transcultural study, 26
  Intestinal absorption, 46–47
  Iodine, 146
  Iron, 145–146
    immune response, 146–147

K
  Kidney. See also Renal function
    morphological changes, 30–32
    structural changes, 29
  Kidney disease, acquired, 34
  L
    Lactose malabsorption, 46–47
    Large intestine, 47
    Lean body mass, 118
    Leukotriene, 122
    Life expectancy, 9
      energy restriction, 67–69
    Linoleic acid, cancer, 124
    Lipid, immune response, 96–97
    Lipid metabolism, dietary fat, 121
    Lipoprotein clearance, 50
    Liver, 46
    Low-density lipoprotein, 121
    Low-energy, low-protein diet, renal
      function, 36
    Luteinizing hormone
      changes in men, 38
      postmenopausal woman, 38

M
  Malabsorption, 50, 73
  Malnutrition, 75–76. See also specific type
    caused by malabsorption, 50
    chronic wasting disease, 4
    independent elderly, 76
    nursing home, 76–77
    patterns, 76–77
    risk factors, 204
    types, 204
    warning signals, 204–205
  Manganese, 146
    immune response, 147
  Meal distribution, institutionalized elderly,
    213–214
  Meal environment, institutionalized elderly,
    213
  Meals program, 206–207
  Medication
    institutionalized elderly, 213
    osteoporosis, 190
  Membranous glomerulonephritis, 34
  Menopause
    biochemical changes, 39
    bone metabolism, 39
    electrolyte, 39–40
    metabolic consequences, 38–40
    urea, 39–40
    uric acid, 40
  Mental vitality, 13
  Mercury toxicity, 147–148
  Mesangial matrix, 30
  Metabolism, age-related change, 2
  Micronutrient deficiency, nursing home,
    76–77
  Molybdenum, 146
  Mortality statistics, 7
  Movement efficiency
    energy metabolism, 56
    mechanical, 56
  Muscle fiber, energy metabolism, 57
  Muscle function, age-related change, 2

N
  n-3 fatty acid, 26, 122–123
    cancer, 126
    glucose intolerance, 123
    heart disease, 126
  n-6 fatty acid, 26
  Nasal mucosa, aluminum, 200
  National Center for Health Statistics, 7
National Health and Nutrition Examination Survey, 7
National Health Interview Survey, 11
National Nursing Home Survey, 12
Nerve conduction, age-related change, 2
Neurofibrillary tangle, 193
Neuropeptide, energy intake, 103–104
New Jersey nursing home
  vitamin B₆, 3
  vitamin C, 3
Niacin, 138–139
Nitrogen, requirements, 114–115
Nitrogen balance, 118
egg protein, 113
energy intake, 117
protein requirement, 112–113
Northern Ireland nursing home
thiamin, 3
vitamin B₆, 3
vitamin C, 3
Nursing home elderly. See also Institutionalized elderly
  activities of daily living, 12
  malnutrition, 76–77
  micronutrient deficiency, 76–77
  protein-energy deficiency, 76–77
thiamin, 3
vitamin B₆, 3
vitamin C, 3
Nursing Home Survey, 7
Nutrient absorption, energy metabolism, 58
Nutrient bioavailability, hypochlorhydria, 45
Nutrient density, institutionalized elderly, 216
Nutrient digestion, energy metabolism, 58
Nutrient intake, 3–4, 220
  factors, 51
Nutrient need, 3–4
Nutrition
  chronic disease, 2
  hip fracture, 153
  immune response, 94
Nutritional counseling, 205–206
Nutritional knowledge, sources, 205
Nutritional status
  factors affecting, 4
  sensory perception, 83–84

O
Occupation, energy metabolism, 54–55
Olfaction, 80
estrogen, 86
postmenopausal woman, 86
suprathreshold intensity perception, 80
threshold sensitivity, 80
Oral cavity, 43
Oral health, institutionalized elderly, 212–213
Organ function, age-related changes, 1, 2
Orthostatic hypotension, 72
Osteoporosis, 9, 187–191. See also Vertebral osteoporosis
diuretics, 190
estrogen, 161–166, 189–190
exercise, 169–174
  mechanisms, 170–171
hormone replacement, 41, 42
medication, 190
pathophysiology, 161–162
physical activity, 169–174
  mechanisms, 170–171
physical inactivity, 188–189
prevention, 162–166
protein supplement, 187
risk factors, 161, 162, 188–189
smoking, 188–189
Overweight, 10–11
dietary fat, 120
risk factor, 15–16
Oxidized lipoprotein, polyunsaturated fatty acid, 123–124

P
Pancreas, 46
Pantothenic acid, 139
Parkinson’s disease, energy expenditure, 62
Peak bone mass, 187
Peptide hormone, energy intake, 104
Periarteritis nodosa, 34
Physical activity
  bone density, 190
  bone mass, 171–172
  energy metabolism, 53–56
  energy output, 101–102
  institutionalized elderly, 213
  osteoporosis, 169–174
  mechanisms, 170–171
Physical inactivity, osteoporosis, 188–189
Physiologic function, at 70 years, 66
Phytic acid, 49
Plant protein, blood pressure, 36
Polyunsaturated fatty acid
dietary fat, 122–124
oxidized lipoprotein, 123–124
Postmenopausal woman
androgen, 38
estradiol, 37–38
estrogen, 37–38
estrone, 37–38
follicle-stimulating hormone, 38
gonadotropin, 38
hormone replacement, 41, 42
luteinizing hormone, 38
olfaction, 86
Practical nutrition, 202–207
care providers, 206
food industry, 206, 208
frail elderly, 206
institutionalized elderly, 211–214
factors, 211
old old, 205
young old, 205
Progestin
bone loss, 163
bone turnover, 163
breast cancer, 164
Prostaglandin, 122
Prostate hyperplasia, 9
Protein-energy deficiency, nursing home, 76–77
Protein-energy malnutrition
chronic wasting disease, 4
institutionalized elderly, 107
Protein intake
blood pressure, 36
bone density, 188
exercise, 117
free-living elderly, 114
hypertension, 36
plasma constituents, 115
Protein metabolism, energy intake, 59
Protein requirement, 109–116
factorial method, 112
nitrogen balance, 112–113
Recommended Daily Allowances, 115
dedentary population, 117–118
Third World, 118
wasting disease, 118
Protein supplementation
bone mineral density, 156–157
hip fracture, 156–157
osteoporosis, 187
Protein synthesis, 110–112
Protein toxicity, 117
Protein turnover, 110–112
R
Racial group, 15
Recall survey
food intake, 72
selective underreporting, 107
underreporting, 107
Recommended Daily Allowances, 3
amino acid, 115
protein requirement, 115
Refeeding, 77
Renal amyloidosis, 34
Renal blood flow, age-related change, 2
Renal failure, 32–34
Renal function. See also Kidney
aging, 29–30
mechanisms, 29–30
autoimmune process, 36
furosemide, 33
high protein, 36
indomethacin, 33
low-energy, low-protein diet, 36
serum creatinine, 35
urea, 35
Renal vasculitis, 34
Riboflavin, 138
Risk factor
cholesterol, 15–16
heart disease, 10–11
overweight, 15–16
S
Salmon calcitonin, 165
Sedentary population
energy requirement, 117–118
protein requirement, 117–118
Selenium, 146
immune response, 147
Senile plaque, Alzheimer’s disease, 193
Sensory perception, nutritional status, 83–84
Serum cholesterol, 10–11
Serum creatinine, 33–34
renal function, 35
Sex hormone, changes in men, 38
Silicon, aluminum toxicity, 196
Silicon deficiency, 148–149
Small intestine, 46–47
Smoking, 16, 86
estrogen, 163
osteoporosis, 188–189
taste sensation, 87
Social support measure, 13
Social vitality, 13
Sodium intake, 72
hypertension, 36
Somatomedin, 118
Staff knowledge, institutionalized elderly, 214, 216
Stomach, 44-45
Stress
immune response, 96
weight loss, 208
Stroke, 8, 9
Sucrose polyester, 126
Survival, food restriction, 2
Sympathetic nervous system, energy metabolism, 57
T
T-lymphocyte activation, 91-92
Taste, 79-80
supratreshold intensity perception, 79-80
threshold sensitivity, 79-80
Taste sensation
artificial sweetener, 87
smoking, 87
zinc deficiency, 86
Testosterone
changes in men, 38
exercise, 42
nutritional factors, 42
zinc, 42
Texture preference, 209
Thermic effect of meals, 53
adaptive component, 101
energy output, 101
obligatory component, 101
Thiamin, 137-138
free-living elderly, 3
Northern Ireland, 3
nursing home elderly, 3
Thromboxane, 122
Tissue function, age-related change, 2
Tocopherol, 135, 142
Trace element, 73, 145-149
Trace element requirement, 146-147
Trace element toxicity, 147-148
Transferrin, aluminum, 195
Triglyceride, 127
Triglyceride clearance, 50
Tumor necrosis factor, 69
Tumorigenesis, energy restriction, 67-69
U
Undernutrition, 65-71, 77
Urea
menopause, 39-40
renal function, 35
Uric acid, menopause, 40
Urinary incontinence, 11
Urine concentrating ability, 32
V
VERA study, vitamin requirement, 130-133
Vertebral osteoporosis
bone formation, 177
fluoride therapy, 177-184
bioavailability, 178-181
bone density, 178-181
dose, 178-181
efficacy, 178-181
gastrointestinal side effects, 181
side effects, 181-182
vertebral fracture rate, 178-181
Very low density lipoprotein, 121
Visual impairment, 12
Vitality, 12-13
Vitamin A, 47, 50, 133-135
Vitamin B6, 138, 142
free-living elderly, 3
New Jersey, 3
Northern Ireland, 3
nursing home elderly, 3
Vitamin B12, 45, 137
Vitamin C, 136
free-living elderly, 3
New Jersey, 3
Northern Ireland, 3
nursing home elderly, 3
Vitamin D, 135
Vitamin deficiency, 219-220
definition, 141
Vitamin E, 135-136
Vitamin K, 136
Vitamin requirement, 129-140
cut-off value, 142
income level, 139-140
VERA study, 130-133
Vitamin supplement, 73
W
- Wasting disease, protein requirement, 118
- Weight gain, 62–63
- Weight loss, 66–67
  - causes, 66–67
  - stress, 208
- Wheat bran
  - calcium absorption, 49
  - zinc absorption, 49
- World Health Organization, 14

Z
- Zinc, 146
  - brain, 69
  - immune response, 69, 94, 146–147, 147
  - testosterone, 42
- Zinc absorption, 47
  - wheat bran, 49
- Zinc deficiency, taste sensation, 86
- Zinc supplement, 73