



THIRD EDITION

FOOD VALUES, DIET DESIGN & HEALTH

JENNIFER TURLEY, PHD



The Values Diet

Mark Steyvers



The Values Diet:

The Values Diet Bradford Humphrey, Clayton Humphrey, 2003-10 *Dietary reference values for energy* Scientific Advisory Committee on Nutrition, 2012-05-02 Dietary reference values DRVs for energy are based on estimating the total energy expenditure TEE for groups of people TEE provides a measure of the energy requirement at energy balance i.e. when energy intake matches energy expenditure The methodology to measure TEE the doubly labelled water DLW method has advanced and as a result the evidence base on TEE in a wide variety of population groups has expanded considerably With the high levels of overweight and obesity currently seen in the UK and the wealth of new data now available it was considered timely for the Scientific Advisory Committee on Nutrition SACN to review recommendations for the UK population This report details the evidence and approaches SACN have considered in order to update the DRVs for energy SACN chose a prescriptive approach to estimating energy reference values suitable reference body weight ranges consistent with long term good health were used to calculate energy reference values Thus basal metabolic rate BMR values were predicted using healthy reference body weights Using this approach if overweight groups consume the amount of energy recommended for healthy weight groups they are likely to lose weight whereas underweight sections of the population should gain weight towards the healthy body weight range SACN has derived new energy reference values For most population groups except for infants and young children the values have increased DRVs should be used to assess the energy requirements for large groups of people and populations but should not be applied to individuals due to the large variation in physical activity and energy expenditure observed between people *Energy Value of Foods* , **Energy Value of Foods** Annabel Laura Merrill, Bernice Kunerth Watt, 1955 **International Clinics** , 1907 Journal of the National Cancer Institute , 1993 *Energy Value of Foods: Basis and Derivation* Annabel Laura Merrill, Bernice Kunerth Watt, 1973 *Interim Report of the Prison Diets Committee* Egypt. Prisons Dept. Prison Diets Committee, 1917 *Dietary Fiber* David Kritchevsky, Charles T. Bonfield, James W. Anderson, 2012-12-06 Twenty years ago the very idea of an international conference on the fiber contained in plant food would have been totally inconceivable At that time fiber was generally viewed as an inert component of food of no nutritional value and consequently considered as a contaminant the removal of which would enhance the purity of a product It was measured by a now obsolete and almost worthless test introduced in the last century for veterinary rather than human nutrition and what was measured was referred to as crude fiber containing part of the cellulose and lignin but none of the numerous components of fiber now known to play important roles in the maintenance of health There were a few lone voices prior to the last two decades who had extolled the laxative properties of the undigested portion of food assuming that these were related to its irritant action on the bowel mucosa In retrospect this was a total misconception and softage would have been a more appropriate term than roughage since its presence insured soft not irritating colon content **Special Report Series** , 1926 *Environmental Health Perspectives* , 2008-11

Handbook of Dietary Fiber Susan Sungsoo Cho,2001-08-17 Presents the latest research on the analysis metabolism function and physicochemical properties of fiber fiber concentrates and bioactive isolates exploring the effect of fiber on chronic disease cardiovascular health cancer and diabetes Examines food applications and the efficacy and safety of psyllium sugar beet fiber pectin alginate gum arabic and rice bran **The Housewife** ,1886 [The Journal of Home Economics](#) ,1927 **Classified List of Publications of the Carnegie Institution of Washington** Carnegie Institution of Washington,1918 *Land Values* ,1913 **Experiment Station Record** United States. Office of Experiment Stations,1911 *The Journal of Biological Chemistry* ,1928 Vols 3 include the society s Proceedings 1907 *Bulletin* United States. Office of Experiment Stations,1904 **British Medical Journal** ,1924

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