

Contents

1	Introduction	1
	References	3
2	Literature Analysis on Consumer Understanding of Nutrition Information	5
	Background: Consumer Food Choices and Nutrition Information	5
	Methods of Literature Review	7
	Results on Consumer Understanding of Nutrition Information	9
	Conclusion	13
	References	13
3	Diet and Nutritional Requirements	19
	The Evolution of Food Choices	19
	The Meaning of the Term “Diet”	25
	From “Food” to “Nutrition Principles” and “Nutrient”	25
	Conclusion	29
	References	29
4	Factors Influencing Energy Balance: Estimation Methods	31
	Catabolic and Anabolic Reactions	31
	Energy Requirements and a Comparison Between the Main Estimation Methods	32
	The Harris–Benedict Equation	37
	The Roza and Shizgal Equation: A Revision of the Harris–Benedict Equation	41
	The Mifflin–St. Jeor Equation	42
	The Cunningham Equation	42
	The Schofield Equation	43
	The Santoprete Equation	44
	The Institute of Medicine Equation (2005)	46

Definition of Optimal Body Mass.....	48
Conclusion.....	51
References.....	52
5 Nutrition Fundamentals.....	55
The Macronutrients (Glucides, Protides and Lipids).....	55
The Micronutrients (Vitamins and Mineral Salts).....	67
Water and Some Considerations About Ethylic Alcohol.....	72
Conclusion.....	77
References.....	78
6 The Evolution of Nutrition Information.....	79
An Overview on Nutrition Labelling.....	79
The Evolution of Nutrition Labelling in Europe.....	81
Comparison Between the EU Nutrition Declaration and the USA Facts Panel.....	86
Conclusion.....	89
References.....	90
7 Claims and Other Front of Package Information.....	93
Front of Package Systems Indicating Nutrition Information to Consumers.....	93
Nutrition and Health Claims.....	94
Graphical Nutrition Labelling.....	97
Nutrition Scoring and Calorie Labelling.....	106
Graphical Labelling in the Regulation (EU) 1169/2011.....	108
Conclusion.....	109
References.....	110
Index.....	113

Aware Food Choices: Bridging the Gap Between
Consumer Knowledge About Nutritional Requirements
and Nutritional Information

Tarabella, A.; Burchi, B.

2016, VI, 114 p. 23 illus., 9 illus. in color., Softcover

ISBN: 978-3-319-23855-5