

Nutrition and Medicine, 2006
Tufts University School of Medicine
Minerals and Nutrition (Ca, Fe, Zn):
Lecture Outline

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I. CALCIUM

- A. Assessment of Calcium Status
- B. Dietary Modifiers of Calcium Needs
 - 1. Salt Intake
 - 2. Protein Intake
 - 3. Fiber Intake
- C. Calcium Intake and Bone Mineral Density
 - 1. Bone Growth in Children
 - 2. Bone Remodeling in Adults
 - 3. Bone Loss in Lactating Women
- D. New Dietary Calcium Recommendations
- E. Adverse Effects of High Calcium Intakes
- F. Genetics and Calcium Needs

II. IRON

- A. Assessment of Iron Status
- B. Dietary Determinants of Body Iron Stores
 - 1. Iron Intake
 - 2. Form of Dietary Iron
 - 3. Modifying Effects of Additional Food Components
- C. Adverse Effects of High Iron Intakes
- D. Genetics and Iron Needs

III. ZINC

- A. Assessment of Zinc Status
- B. Dietary Determinants of Zinc Stores
 - 1. Zinc Intake
 - 2. Source of Dietary Zinc
 - 3. Modifying Effects of Additional Food Components
- C. Adverse Effects of High Zinc Intakes
- D. Genetics and Zinc Needs