

Defining Energy for a New Millennium

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Title: Defining Energy for a New Millennium

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Abstract: This supplement addresses the question as to what "energy" means to the scientific community, the consumer public, the policymakers, and attempt to identify the scientific foundation for energy claims. A series of articles explores the scientific basis and evidence for linking food components to physical and mental energy.

- 0. Introduction: Priscilla Clarkson, PhD
- 0. Consumer perceptions of energy: Nancy Childs, PhD
- 0. Psychology and cultural aspects of energy: Louis Grivetti, PhD
- 0. Physical energy: Fuel metabolism: Jack Wilmore, PhD
- 0. Fatigue of anemia: E. Randy Eichner, MD, FACSM
- 0. The impact of the supply of glucose to the brain on mood and memory: David Benton, PhD
- 0. Diet, neurochemicals, and mental energy: John Fernstrom, PhD
- 0. Dieting and weight loss: The energy perspective: John Foreyt, PhD
- 0. Sleep and circadian rhythms: Basic and clinical findings: James Wyatt, PhD
- 0. Stress, fatigue, and behavioral energy: David Dinges, PhD
- 0. Energy for a new millenium—regulatory perspectives: Elizabeth Yetley, PhD
- 0. Energy for a new millenium: Anne Maher
- 0. Energy claims in the 21st century: Martin Hahn, Esq
Summary: Priscilla Clarkson, PhD