## CONTENTS

	Introduction	1
1.1	What is food made of?	1
1.2	The role of production and processing operations	2
1.3	The significance of food composition	3
	Nutrients - their chemical nature and role in the body	4
2.1	Carbohydrates	7
2.2	Lipids	12
2.3	Proteins	21
2.4	Other energy-yielding components	25
2.5	Fibre	27
2.6	Minerals	29
2.7	Vitamins	33
2.8	Other beneficial components	44
3.	Non-nutrient chemicals in foods	49
3.1	Flavour and taste compounds	49
3.2	Colours	56
3.3	Additives	59
3.4	Antinutrients and toxicants	64
3.5	Summary	75
4.	Special dietary needs and food chemical composition	76
4.1	Coeliac disease	77
4.2	Lactose intolerance	80
4.3	Phenylketonuria	81
4.4	Diabetes	84
4.5	Allergies	85

5.	Food labelling and chemical composition	
5.1	Nutrition labelling	92
5.2	Nutrition claims	94
5.3	Use of the word 'natural' and similar phrases	100
5.4	Warnings and similar indications on labels	101
6.	Conclusions	102
7.	Relevant organisations and associations	103
8.	Glossary	104
9.	References	105
About CCFRA		111
About RSC		111