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**Effect of Grass on Intake of Water** **Dietary Risk Assessment in the WIC Program** Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc Sodium Intake in Populations *Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease* Strategies to Reduce Sodium Intake in the United States Studies of Flow Through Air Intakes Using Artificial Intelligence **Forage Quality, Evaluation, and Utilization** **Voluntary feed intake in pigs** Total Water and Tapwater Intake in the United States *Dietary Reference Intakes for Sodium and Potassium Vitamin C in Human Health and Disease* **The Voluntary Food Intake of Farm Animals** **The Scientific Design of Exhaust and Intake Systems** **Food Intake in Fish** Intake Manifolds and Emptying Valves for Lower Monumental Lock, Snake River, Washington **Practical Intake Aerodynamic Design** Current Papers Neurobiology of Food and Fluid Intake **Predicting Feed Intake of Food-Producing Animals** *Voluntary Food Intake and Diet Selection in Farm Animals* **Effect of the Length of Fasting on Intake, in Vitro Digestibility and Chemical Composition of Forage Samples Collected by Esophageal Fistulated Sheep** *Neural and Metabolic Control of Macronutrient Intake* Intake Aerodynamics Satiation, Satiety and the Control of Food Intake **How to Build Horsepower, Volume 2** **Modeling Nutrient Intake** **Limits for Intakes of Radionuclides by Workers** *Intake, the Discriminant Function* *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline* **Advances in the Assessment of Dietary Intake.** *Dietary Reference Intakes Guideline: Sugars Intake for Adults and Children* Patterns of Food and Nutrient Intake in a Suburb of Dublin with Chronically High Unemployment **Nutrition and Alcohol** **Appetite and Food Intake** **Intake of caffeine and other methylxanthines during pregnancy and risk for adverse effects in pregnant women and their foetuses** Dietary Reference Intakes *Dietary Intake Source Data, United States, 1971-74* **Ovarian and Adrenal Modulation of Food Intake in the Rat**

Diet is a major factor in health and disease. Controlled, long-term studies in humans are impractical, and investigators have utilized long-term epidemiological investigations to study the contributions of diet to the human condition. Such studies, while valuable, have often been limited by contradictory findings; a limitation secondary to systematic errors in traditional self-reported dietary assessment tools that limit the percentage of variances in diseases explained by diet. New approaches are available to help overcome these limitations, and Advances in the Assessment of Dietary Intake is focused on these advances in an effort to provide more accurate dietary data to understand human health. Chapters cover the benefits and limitations of traditional self-report tools; strategies for improving the validity of dietary recall and food recording methods; objective methods to assess food and nutrient intake; assessment of timing and meal patterns using glucose sensors; and physical activity patterns using validated accelerometers. Advances in the Assessment of Dietary Intake describes new avenues to investigate the role of diet in human health and serves as the most up-to-date reference and teaching tool for these methods that will improve the accuracy of dietary assessment and lay the ground work for future studies. The Voluntary Food Intake of Farm Animals offers a wide discussion on food intake among farm animals. The book presents various studies, facts, details, and theories that are relevant to the subject. The first chapter begins by explaining the basic definition and significance of voluntary food intake. This topic is followed by discussions on meal patterns, the main features of eating, and the similarities between species. The next chapter explores theories about the food intake control, which are divided into two types: single-factor theories and multiple-factor theories. In Chapter 3, the discussion is on the food’s pathway, including elaborations on the various receptors. Chapter 4 considers the central nervous system’s involvement in the voluntary food intake and the energy balance regulation. The next couple of chapters highlight the possible reasons that affect food intake; among them are pregnancy, fattening, physical growths, and the environment. In the book’s remaining chapters, the discussion revolves around grass intake and the prediction and manipulation of voluntary food intake. The book serves as a valuable reference for undergraduates and postgraduates of biology and its related

fields. Presents estimates of total water and tap water intake in the population of the continental United States, based on data collected during the 1977-78 Nationwide Food Consumption Survey of the U.S. Department of Agriculture. Describes in detail the methods used to derive the estimates. Data are presented by age group, sex, season and geographic region, and separately for pregnant women, lactating women, and breast-fed children. Provides a historical foundation as well as a review of the state-of- the-art in forage science, detailing 25 years of progress in forage quality, evaluation, and utilization, along with the latest developments and new directions for future research. The volume is divided into six sections: overview of forage science; identification and quantitative measurement of forage quality components; intake as a critical element of forest quality; role of digestion and metabolism in determining forage quality; integrating concepts affecting changes in forage quality; and improving forage quality and evaluation. No index. Member price, $36. Annotation copyright by Book News, Inc., Portland, OR Abstract: This survey, conducted by the National Center for Health Statistics, is the third report of data on dietary intake in the Health and Nutrition Examination Survey (HANES) program. Data was obtained by dietary interview during 1971-1974 to assess nutritional status of the U.S. civilian noninstitutionalized population aged 1-74 years. A single day's intake of calories and selected nutrients in a sample of 28,043 persons, representative of the total U.S. population, is presented in tables of cumulative percent distributions by age for sex, race and income level. Other tables give statistical analyses. The data provide comparisons with dietary standards and are a source of basic nutritional information on the American population. When an excessive proportion of the human energy requirement is derived from fat, the likelihood of obesity increases. Any such individual is at risk for diabetes and cardiovascular disease- grave and costly health hazards. The selective control of fat ingestion is a promising solution to these concerns. Existing data suggests that macronutrient intake can be manipulated. Further research is working to create pharmacological tools that will suppress fat consumption. It will also be possible to fight obesity, heart disease and diabetes. Neural and Metabolic Control of Macronutrient Intake systematically discusses the known physiological mechanisms involved in macronutrientselection, including their molecular, genetic and neurochemical aspects. The book is also a critical review of the hypothesis that ingestion of the three nutrients is regulated by separate neural control mechanisms, leaving open the possibility that strategies could be devised to intervene in bodily control systems and alter the proportion of fat in the diet. This reference provides three types of information: First, the basic background of the biochemical and physiological systems as they relate to macronutrient selection. Second, opinions and data concerning to what degree animals and humans show evidence of macronutrient selection. And, third, evidence about how the central nervous system might be involved in the choices animals make among macronutrients. Since 1997, the Institute of Medicine has issued a series of nutrient reference values that are collectively termed Dietary Reference Intakes (DRIs). The DRIs offer quantitative estimates of nutrient intakes to be used for planning and assessing diets. Using the information from these reports, this newest volume in the DRI series focuses on how the DRIs, and the science for each nutrient in the DRI reports, can be used to develop current and appropriate reference values for nutrition labeling and food fortification. Focusing its analysis on the existing DRIs, the book examines the purpose of nutrition labeling, current labeling practices in the United States and Canada, food fortification practices and policies, and offers recommendations as a series of guiding principles to assist the regulatory agencies that oversee food labeling and fortification in the United States and Canada. The overarching goal of the information in this book is to provide updated nutrition labeling that consumers can use to compare products and make informed food choices. Diet-related chronic diseases are a leading cause of preventable deaths in the United States and Canada and helping customers make healthy food choices has never been more important. As essential nutrients, sodium and potassium contribute to the fundamentals of physiology and pathology of human health and disease. In clinical settings, these are two important blood electrolytes, are frequently measured and influence care decisions. Yet, blood electrolyte concentrations are usually not influenced by dietary intake, as kidney and hormone systems carefully regulate blood values. Over the years, increasing evidence suggests that sodium and potassium intake patterns of children and adults influence long-term population health mostly through complex relationships among dietary intake, blood pressure and cardiovascular health. The public health importance of understanding these relationships, based upon the best available evidence and establishing recommendations to support the development of population clinical practice guidelines and medical care of patients is clear. This report reviews evidence on the relationship between sodium and potassium intakes and indicators of adequacy, toxicity, and chronic disease. It updates the Dietary Reference Intakes (DRIs) using an expanded DRI model that includes consideration of chronic disease endpoints, and outlines research gaps to address the uncertainties identified in the process of deriving the reference values and evaluating public health implications. With growing concerns about the rising incidence of obesity, there is interest in understanding how the human appetite contributes to energy balance and how it might be affected by the foods we consume, as well as other cultural and environmental factors. Satiation, satiety and the control of food intake provides a concise and authoritative overview of these areas. Part one introduces the concepts of satiation and satiety and discusses how these concepts can be quantified. Chapters in part two focus on biological factors of satiation and satiety

before part three moves on to explore food composition factors. Chapters in part four discuss hedonic, cultural and environmental factors of satiation and satiety. Finally, part five explores public health implications and evaluates consumer understanding of satiation and satiety and related health claims. Provides a concise and authoritative overview of appetite regulation Focuses on the effects of biological factors, food composition and hedonic, cultural and environmental factors affecting appetite control Discusses implications for public health Details the design of exhaust manifolds which increase car performance and decrease pollution. This book provides, for the first time, the distilled experience of authors who have been closely involved in design of air intakes for both airframe and engine manufacturers. Much valuable data from systematic experimental measurements on intakes for missiles, combat, and V/STOL aircraft from research sources in the United Kingdom, the United States, France, and Germany are included, together with the latest developments in computational fluid dynamics applied to air intakes. This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is "too much" of a nutrient. Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education. The intake of food by fishes is an area of study that is of great importance to the applied sciences of fisheries and aquaculture for a number of reasons. For example a thorough knowledge of factors influencing the ingestion of feed can lead to successful manipulation of the rearing environment of cultured fishes, thereby ensuring improved growth performance and feed utilisation, and decreasing the amount of waste (and consequent pollution) per unit of fish produced. This important book, which has arisen out of a European Union COST programme, illustrates how insights into the biological and environmental factors that underlie the feeding responses of fish may be used to address practical issues of feed management. Food Intake in Fish contains carefully edited contributions from internationally recognised scientists, providing a book that is an invaluable tool and reference to all those involved in aquaculture, especially those working in the aquaculture feed industry and scientific personnel in commercial and research aquaculture facilities. This book should also find a place on the shelves of fish biologists and physiologists and as a reference in libraries of universities, research establishments and aquaculture equipment companies. Since 1941, Recommended Dietary Allowances (RDAs) has been recognized as the most authoritative source of information on nutrient levels for healthy people. Since publication of the 10th edition in 1989, there has been rising awareness of the impact of nutrition on chronic disease. In light of new research findings and a growing public focus on nutrition and health, the expert panel responsible for formulation RDAs reviewed and expanded its approachâ€"the result: Dietary Reference Intakes. This new series of references greatly extends the scope and application of previous nutrient guidelines. For each nutrient the book presents what is known about how the nutrient functions in the human body, what the best method is to determine its requirements, which factors (caffeine or exercise, for example) may affect how it works, and how the nutrient may be related to chronic disease. This volume of the series presents information about thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. Based on analysis of nutrient metabolism in humans and data on intakes in the U.S. population, the committee recommends intakes for each age groupâ€"from the first days of life through childhood, sexual maturity, midlife, and the later years. Recommendations for pregnancy and lactation also are made, and the book identifies when intake of a nutrient may be too much. Representing a new paradigm for the nutrition community, Dietary Reference Intakes encompasses: Estimated Average Requirements (EARs). These are used to set Recommended Dietary Allowances. Recommended Dietary Allowances (RDAs). Intakes that meet the RDA are likely to meet the nutrient requirement of nearly all individuals in a life-stage and gender group. Adequate Intakes (AIs). These are used instead of RDAs when an EAR cannot be calculated. Both the RDA and the AI may be used as goals for individual intake. Tolerable Upper Intake Levels (ULs). Intakes below the UL are unlikely to pose risks of adverse health effects in healthy people. This new framework encompasses both essential nutrients and other food components thought to pay a role in health, such as dietary fiber. It incorporates functional endpoints and examines the relationship between dose and response in determining adequacy and the hazards of excess intake for each nutrient. This book contains an up to date and more focused examination of developments in the understanding of voluntary food intake

and new ideas and studies related to diet selection. New chapters are introduced and old ones are rewritten and reorganized in a more readable style by using extensive reference to books and reviews. The book is intended for animal nutritionists, animal scientists, farm owners and managers, veterinarians and students. "Intake Aerodynamics, Second Edition" presents computational advancements and discoveries in intake aerodynamics. A companion volume to "Practical Intake Aerodynamic Design," this important text considers the problem of airflow, both internal and external to air intake, as applied to civil and military aircraft. It covers the aerodynamics of subsonic and supersonic intakes in real flows, maintaining a progression through the transonic range. Also considered is the joint perspective of the airframe designer and the propulsion specialist in practical cases. Readers will gain insight into the fluid mechanics behind the deceleration of air from free stream to engine velocity, and an understanding of air compression and external drag in extensively revised chapters reflecting progress in the field. More than 300 drawings and diagrams help to illustrate the points defined throughout the book. Copublished with Blackwell Science Ltd. Outside the United States and Canada, order from Blackwell Science Ltd., United Kingdom, tel 44 1865 206 206. Dietary Risk Assessment in the WIC Program reviews methods used to determine dietary risk based on failure to meet Dietary Guidelines for applicants to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Applicants to the WIC program must be at nutritional risk to be eligible for program benefits. Although "dietary risk" is only one of five nutrition risk categories, it is the category most commonly reported among WIC applicants. This book documents that nearly all low-income women in the childbearing years and children 2 years and over are at risk because their diets fail to meet the recommended numbers of servings of the food guide pyramid. The committee recommends that all women and children (ages 2-4 years) who meet the eligibility requirements based on income, categorical and residency status also be presumed to meet the requirement of nutrition risk. By presuming that all who meet the categorical and income eligibility requirements are at dietary risk, WIC retains its potential for preventing and correcting nutrition-related problems while avoiding serious misclassification errors that could lead to denial of services for eligible individuals. Since 1938 and 1941, nutrient intake recommendations have been issued to the public in Canada and the United States, respectively. Currently defined as the Dietary Reference Intakes (DRIs), these values are a set of standards established by consensus committees under the National Academies of Sciences, Engineering, and Medicine and used for planning and assessing diets of apparently healthy individuals and groups. In 2015, a multidisciplinary working group sponsored by the Canadian and U.S. government DRI steering committees convened to identify key scientific challenges encountered in the use of chronic disease endpoints to establish DRI values. Their report, Options for Basing Dietary Reference Intakes (DRIs) on Chronic Disease: Report from a Joint US-/Canadian-Sponsored Working Group, outlined and proposed ways to address conceptual and methodological challenges related to the work of future DRI Committees. This report assesses the options presented in the previous report and determines guiding principles for including chronic disease endpoints for food substances that will be used by future National Academies committees in establishing DRIs. Widely regarded as the classic reference work for the nutrition, dietetic, and allied health professions since its introduction in 1943, Recommended Dietary Allowances has been the accepted source in nutrient allowances for healthy people. Responding to the expansion of scientific knowledge about the roles of nutrients in human health, the Food and Nutrition Board of the Institute of Medicine, in partnership with Health Canada, has updated what used to be known as Recommended Dietary Allowances (RDAs) and renamed their new approach to these guidelines Dietary Reference Intakes (DRIs). Since 1998, the Institute of Medicine has issued eight exhaustive volumes of DRIs that offer quantitative estimates of nutrient intakes to be used for planning and assessing diets applicable to healthy individuals in the United States and Canada. Now, for the first time, all eight volumes are summarized in one easy-to-use reference volume, Dietary Reference Intakes: The Essential Reference for Dietary Planning and Assessment. Organized by nutrient for ready use, this popular reference volume reviews the function of each nutrient in the human body, food sources, usual dietary intakes, and effects of deficiencies and excessive intakes. For each nutrient of food component, information includes: Estimated average requirement and its standard deviation by age and gender. Recommended dietary allowance, based on the estimated average requirement and deviation. Adequate intake level, where a recommended dietary allowance cannot be based on an estimated average requirement. Tolerable upper intake levels above which risk of toxicity would increase. Along with dietary reference values for the intakes of nutrients by Americans and Canadians, this book presents recommendations for health maintenance and the reduction of chronic disease risk. Also included is a "Summary Table of Dietary Reference Intakes," an updated practical summary of the recommendations. In addition, Dietary Reference Intakes: The Essential Reference for Dietary Planning and Assessment provides information about: Guiding principles for nutrition labeling and fortification Applications in dietary planning Proposed definition of dietary fiber A risk assessment model for establishing upper intake levels for nutrients Proposed definition and plan for review of dietary antioxidants and related compounds Dietitians, community nutritionists, nutrition educators, nutritionists working in government agencies, and nutrition students at the postsecondary level, as well as other health professionals, will find Dietary Reference Intakes: The Essential

Reference for Dietary Planning and Assessment an invaluable resource. Reducing the intake of sodium is an important public health goal for Americans. Since the 1970s, an array of public health interventions and national dietary guidelines has sought to reduce sodium intake. However, the U.S. population still consumes more sodium than is recommended, placing individuals at risk for diseases related to elevated blood pressure. Strategies to Reduce Sodium Intake in the United States evaluates and makes recommendations about strategies that could be implemented to reduce dietary sodium intake to levels recommended by the Dietary Guidelines for Americans. The book reviews past and ongoing efforts to reduce the sodium content of the food supply and to motivate consumers to change behavior. Based on past lessons learned, the book makes recommendations for future initiatives. It is an excellent resource for federal and state public health officials, the processed food and food service industries, health care professionals, consumer advocacy groups, and academic researchers. A complex interplay of social, economic, psychological, nutritional and physiological forces influence ingestive behavior and demand an integrated research approach to advance understanding of healthful food choices and those that contribute to health disordersincluding obesity-related chronic diseases. Taking a multifaceted approach, Appe Like previous handbooks, the present volume is an authoritative and up-to-date compendium of information and perspective on the neurobiology of ingestive behaviors. It is intended to be stimulating and informative to the practitioner, whether neophyte or senior scholar. It is also intended to be accessible to others who do not investigate the biological bases of food and ?uid ingestion, who may teach aspects of this material or simply wonder about the current state of the ?eld. To all readers, we present this handbook as a progress report, recognizing that the present state of the ?eld is much farther along than it was the last time a handbook was published, but mindful of the likelihood that it is not as far along as it will be when the next handbook is prepared. This ?eld has witnessed a spectacular accretion of scienti?c information since the ?rst handbook was published in 1967. During the generation of science between then and the publication of the second handbook in 1990, numerous scienti?c reports have substantially changed the perspective and informational base of the ?eld. How much do animals eat? Why do eating patterns change? How do physiological, dietary, and environmental factors affect feed intake? This volume, a comprehensive overview of the latest animal feed intake research, answers these questions with detailed information about the feeding patterns of fishes, pigs, poultry, dairy cows, beef cattle, and sheep. Equations for calculating predicted feed intake are presented for each animal and are accompanied by charts, graphs, and tables. Understanding voluntary feed intake of pigs enables the precise formulation of pig feeds, ensuring the ingestion of sufficient but not excessive amounts of nutrients to optimise performance. This reference textbook, based on scientific results covers all aspects of feed intake in pigs. It contains up-to-date reviews by renowned scientific experts on different aspects affecting voluntary feed intake and diet selection in pigs. Different physiological factors involved in feed intake regulation, ranging from the sensorial evaluation of feeds, to the hormonal and metabolic regulation of feed intake and the impact of pig health are discussed. The book also deals with aspects such as genetic background of the animals, feeder design, feed manufacturing technology and the use of models to predict feed intake.This book is intended for academics, researchers, students and industry professionals involved in the field of pig nutrition and pig production. This guideline provides updated global, evidence-informed recommendations on the intake of free sugars to reduce the risk of NCDs in adults and children, with a particular focus on the prevention and control of unhealthy weight gain and dental caries. The recommendations in this guideline can be used by policy-makers and programme managers to assess current intake levels of free sugars in their countries relative to a benchmark. They can also be used to develop measures to decrease intake of free sugars, where necessary, through a range of public health interventions. Examples of such interventions and measures that are already being implemented by countries include food and nutrition labelling, consumer education, regulation of marketing of food and non-alcoholic beverages that are high in free sugars, and fiscal policies targeting foods and beverages that are high in free sugars. This guideline should be used in conjunction with other nutrient guidelines and dietary goals, in particular those related to fats and fatty acids (including saturated fatty acids and trans-fatty acids), to guide development of effective public health nutrition policies and programmes to promote a healthy diet. The first part of the report deals with occurrence of methylxanthines in foods, beverages, and medicines, and estimates of caffeine intake. In addition, a short review of the pharmacological and toxicological actions of caffeine is given. The second and main part of the report reviews available information from epidemiological studies on the potential health hazards to the human foetus associated with parental intake during pregnancy of caffeine and related methylxanthines in foods, beverages and medicines. The studied adverse effects are influence on fertility, spontaneous abortion, congenital malformation, pre-term delivery, foetal growth retardation, foetal behaviour and effects on neonates, infants and young children. The conclusion of the report demonstrates the need for limiting caffeine exposure during pregnancy. The Nordic Working Group on Food Toxicology and Risk Evaluation (NNT) recognizes that the human exposure to caffeine and related compounds causes a spectrum of pharmacological effects, for instance cardiovascular, renal, neurological and behavioural effects. The increasing use of caffeine and related methylxanthines in various foods and beverages consumed by children and adolescents cause concern. NNT

recommends that a full hazard characterization of caffeine and related methylxanthines should be performed with the aim to reach a conclusion about the upper safe level of intake of these compounds. Despite efforts over the past several decades to reduce sodium intake in the United States, adults still consume an average of 3,400 mg of sodium every day. A number of scientific bodies and professional health organizations, including the American Heart Association, the American Medical Association, and the American Public Health Association, support reducing dietary sodium intake. These organizations support a common goal to reduce daily sodium intake to less than 2,300 milligrams and further reduce intake to 1,500 mg among persons who are 51 years of age and older and those of any age who are African-American or have hypertension, diabetes, or chronic kidney disease. A substantial body of evidence supports these efforts to reduce sodium intake. This evidence links excessive dietary sodium to high blood pressure, a surrogate marker for cardiovascular disease (CVD), stroke, and cardiac-related mortality. However, concerns have been raised that a low sodium intake may adversely affect certain risk factors, including blood lipids and insulin resistance, and thus potentially increase risk of heart disease and stroke. In fact, several recent reports have challenged sodium reduction in the population as a strategy to reduce this risk. Sodium Intake in Populations recognizes the limitations of the available evidence, and explains that there is no consistent evidence to support an association between sodium intake and either a beneficial or adverse effect on most direct health outcomes other than some CVD outcomes (including stroke and CVD mortality) and all-cause mortality. Some evidence suggested that decreasing sodium intake could possibly reduce the risk of gastric cancer. However, the evidence was too limited to conclude the converse-that higher sodium intake could possibly increase the risk of gastric cancer. Interpreting these findings was particularly challenging because most studies were conducted outside the United States in populations consuming much higher levels of sodium than those consumed in this country. Sodium Intake in Populations is a summary of the findings and conclusions on evidence for associations between sodium intake and risk of CVD-related events and mortality. Y-intake is synonymous with 'twin intake' or ' bifurcated intake'. These are referred to a pair of intakes in the wing root or on the two sides of a fuselage, feeding a single engine via a common plenum chamber. Y shaped intake is the popular choice for air intake in single engined fighter aircraft. The air intake must meet the engine mass flow demand over a range of aircraft speeds and altitudes with pressure recovery and low distortion of the exit flow. These types of intakes are normally side mounted and the two limbs of the duct are merged inside the fuselage into one and supply air at the compressor face with minimum turbulence and impact. The center line offset of the intakes with respect to the engine is a real challenge in designing the intake conforming to the constraints imposed by other aspects of the aircraft design. In the present work the flow and performance characteristics of a rectangular Y-intake diffusing duct studied extensively and the the experimental results are compared with numerical work after validate the numerical model and boundary parameters and observed that the pressure recovery increases with increase of aspect ratio and decrease in angle of turn. This book presents the scientific evidence for the role of vitamin C in health and disease and offers new guidance on vitamin C intake in humans. The importance of vitamin C in preventing cancer and cardiovascular disease, its relevance to aging and stress, and its impacts on each of the human body systems are thoroughly assessed on the basis of the author’s extensive research and his deep understanding, as an anatomy professor, of the body as a whole. Findings published in the international scientific literature are fully taken into account, and due consideration is also given to empirical evidence, bearing in mind that mechanisms of action cannot always be precisely defined in the absence of human experiments. Beyond providing an up-to-date scientific perspective on the effects of vitamin C, the author hopes to promote human health worldwide by encouraging proper use of the vitamin. To this end, recommendations are made on the amount of vitamin C that should be taken daily and on the best way to take it. The book will be of interest to researchers, clinicians, and all others who wish to learn more about this vitamin and its significance. Over the past decade, much has been learned about the damaging effects that moderate to severe alcohol use has on tissue nutrient levels and dietary intake. In addition to alcohol's potential to damage every organ in the body, alcohol abuse or heavy use causes poorer dietary intake and provides a greater risk of alcohol's damage while increasing th The photos in this edition are black and white. Acclaimed automotive technical writer David Vizard examines the finer points of carburetors and intake manifolds, looking for the smallest of modifications and upgrades which often result in large performance gains. How to Build Horsepower: Volume 2 includes Carter, Holley, Predator, Weber, Dellorto, and Mikuni carbs, dozens of factory and aftermarket manifolds, tunnel ram intakes, etc. Also covers carb calibration methods, analysis of different designs, mixture ration, test results of various carb and intake combinations.