

Contents

<i>Acknowledgments</i>	ix
ONE NUTRITION AND DARWIN'S ENTANGLED BANK	1
1.1 Nutrition Touches and Links All Living Things	3
1.2 Nutrition Is Complex	5
1.3 Dealing with Nutritional Complexity: Enough but Not Too Much	7
1.4 Charting the Void between Nutritional Detail and Generality: The Geometric Framework	10
TWO THE GEOMETRY OF NUTRITION	11
2.1 The Geometric Framework: Basic Theory	11
2.2 The Geometric Framework in Practice	22
2.3 Conclusions	34
THREE MECHANISMS OF NUTRITIONAL REGULATION	35
3.1 How to Defend an Intake Target	35
3.2 Postingestive Regulation	48
3.3 Conclusions	56
FOUR LESS FOOD, LESS SEX, LIVE LONGER?	57
4.1 How Does Macronutrient Balance Affect Life Span?	62
4.2 Less Sex, Live Longer?	66
4.3 Conclusions	70
FIVE BEYOND NUTRIENTS	71
5.1 The Distinction between Nutrients and Toxins	72
5.2 Self-medication and Ecological Immunology: The Distinction between Nutrients and Medicines	79

5.3	Toxins and Nutrients Interact	84
5.4	Conclusions	87
SIX	MOVING TARGETS	88
6.1	Moving Targets in the Short Term	88
6.2	Moving Targets in Developmental Time	91
6.3	From Parents to Offspring—Epigenetics	95
6.4	Evolving Targets	97
6.5	Evolving Rules of Compromise: Nutrient Specialists and Generalists	99
6.6	Evolving Postingestive Responses	105
6.7	Conclusions	106
SEVEN	FROM INDIVIDUALS TO POPULATIONS AND SOCIETIES	108
7.1	Cannibal Mormon Crickets	109
7.2	Locusts Are Cannibals Too	113
7.3	Communal Nutrition in Ants	114
7.4	The Blob	117
7.5	Conclusions	119
EIGHT	HOW DOES NUTRITION STRUCTURE ECOSYSTEMS?	120
8.1	From Individual Fitness to Population Growth Rates	121
8.2	Interactions among Organisms and the Environment	122
8.3	Do Predators Regulate Nutrient Intake?	124
8.4	The Nutritional Geometry of Food Webs	130
8.5	The Nutritional Niche	138
8.6	Agent-Based Modeling of Nutritional Interactions: From Individuals to Ecosystems	144
8.7	Conclusions	145
NINE	APPLIED NUTRITION	147
9.1	Domestication	147
9.2	Wildlife Conservation	157
9.3	Conclusions	165

TEN	THE GEOMETRY OF HUMAN NUTRITION	167
10.1	The Modern Human Nutritional Dilemma	167
10.2	Do Humans Regulate to an Intake Target?	170
10.3	What Is the Human Rule of Compromise?	175
10.4	What Are the Implications of Protein Leverage?	182
10.5	How Do Humans Deal with Nutrient Excesses?	191
10.6	Conclusions	191
ELEVEN	PERSPECTIVES	194
11.1	Expanding GF into Further Dimensions of Nutrition	194
11.2	GF and “Omics”	195
11.3	Nutritional Epigenetics and Early-Life Prevention of Metabolic Disease	196
11.4	Human Obesity	196
11.5	Nutritional Immunology	197
11.6	Modeling Nutritional Interactions: From Individuals to Ecosystems	198
11.7	Conclusions	199
	<i>References</i>	201
	<i>Index</i>	229