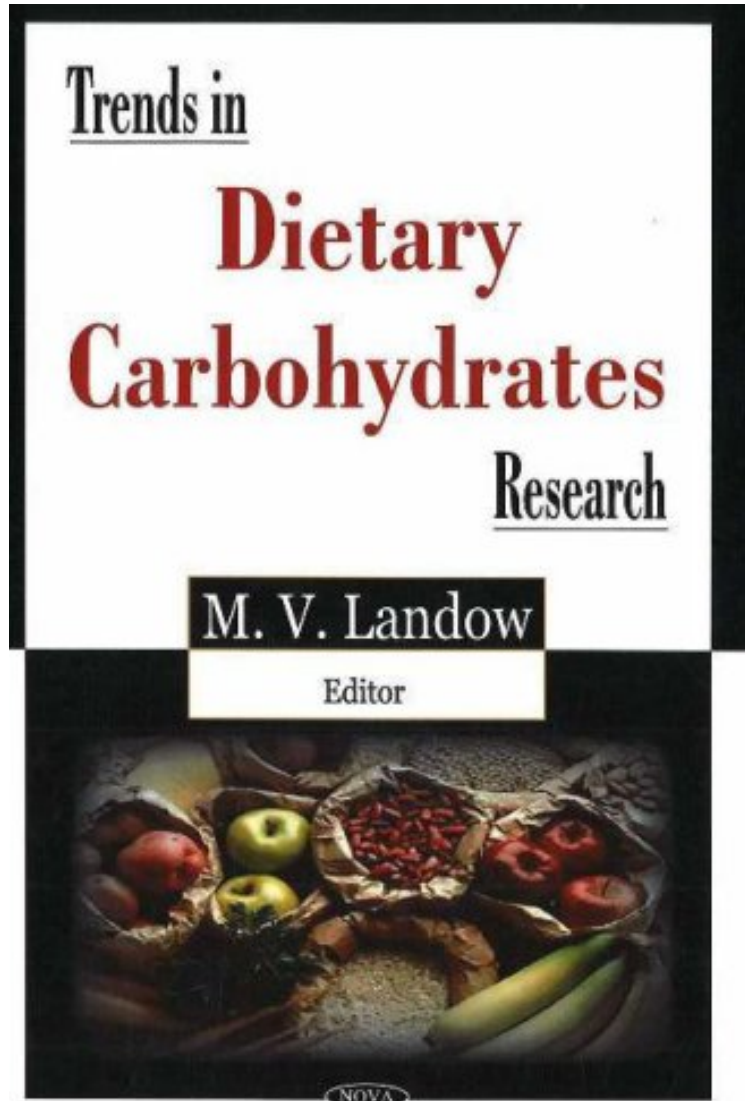


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corn, corn syrup, milk and milk products, etc.; the starches are in cereal grains, legumes, tubers, etc. In patients with hepatic forms of porphyria, a person should consume at least 350 mg of carbohydrate per day, or the carbohydrates should make up 60-65 per cent of the daily consumption. This book examines and presents new research of the complexity, effects and nutritional aspects of dietary carbohydrates.