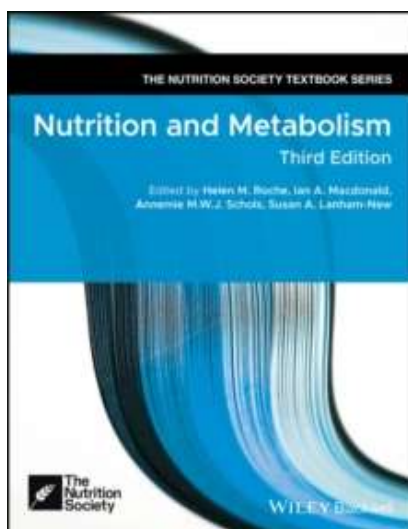




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## Nutrition and Meabolism



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### Description

Comprehensive resource on all aspects of nutrition and metabolism; covering vitamin and mineral deficiencies, diseases, immunity, brain and bone health, and more. Now in its third edition, Nutrition and Metabolism has been updated throughout to present readers with the core principles of nutrition in the context of a systems and health approach. Written by a team of internationally renowned experts, the text includes information on: Body composition, energy metabolism, proteins, amino acids, carbohydrates, lipids, vitamins, minerals, trace elements, food intake, and food composition Energy, macronutrients, pregnancy and lactation, growth and aging, brain nutrition, sensory systems and food palatability, the gastrointestinal system, and the cardiovascular system Societal food choices, over- and undernutrition, eating disorders, dieting, foetal programming, cancer, osteoporosis, and diabetes How nutrition affects the liver, pancreas, kidney, lungs, heart and blood vessels, and how nutrition relates to the development of traumatic, infectious, and malignant diseases Nutrition and Metabolism is an essential resource for students and practitioners of nutrition and dietetics, as well as students majoring in other subjects that have a nutrition component.