

# Introduction To Human Nutrition

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## Introduction to Human Nutrition, 3rd Edition

Description. Now in its third edition, the best-selling Introduction to Human Nutrition continues to foster an integrated, broad knowledge of the discipline and presents the fundamental principles of nutrition science in an accessible way. With up-to-date coverage of a range of topics from food composition and dietary

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reference standards to phytochemicals and contemporary challenges of global food safety, this comprehensive text encourages students to think critically about the many factors ...

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Nutrition is a science-based discipline, so all the material included is backed up by rigorous scientific research, but it is presented in a clear, easy-to-understand fashion without requiring a background in science.

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Book: An Introduction to Nutrition (Zimmerman) This book is organized using a functional approach, which means that the material is organized around physiological functions, such as fluid and electrolyte balance, antioxidant function, bone health, energy and metabolism, and blood health, instead of organizing it strictly by nutrient.

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Introduction to Human Nutrition Paperback – January 1, 2015 by Dr. Delores C.S.

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### **Introduction To Human Nutrition**

Chapter Introduction. The Basic Structural and Functional Unit of Life: The Cell. Digestion and Absorption. Nutrients Are Essential for Organ Function. Energy and Calories. Disorders That Can Compromise Health. End-of-Chapter Exercises.

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Nutrients are substances required by the body to perform its basic functions. Nutrients must be obtained from our diet, since the human body does not synthesize or produce them. Nutrients have one or more of three basic functions: they provide energy, contribute to body structure, and/or regulate chemical processes in the body.

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Introduction to Human Nutrition is a course providing a broad insight into the dynamic field of human nutrition. With the huge rise in diet-related illnesses such as obesity, type II diabetes and cardiovascular disease, we face important choices in terms of diet and nutrition on a daily basis.

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### **Introduction to Human Nutrition - The Nutrition Society**

Human nutrition, process by which substances in food are transformed into body tissues and provide energy for the full range of physical and mental activities that make up human life.

### **An Introduction to Nutrition - Centro de educación abierta**

HK125 – Introduction to Human Nutrition Investigation of the structure, digestion, storage, utilization, and bioenergetics of macronutrients (carbohydrate, protein, fat). Suggested intake, and sources of macronutrients, micronutrients (vitamins and minerals), and water in maintaining normal physiological function are examined.

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Introduction to Human Nutrition 3rd edition outlines the basic foundations for the study of human nutrition. Besides the basic biology, students will be introduced to food policy and to the dual challenges to the global food supply, both under and over nutrition. This textbook is an essential purchase for students of nutrition and

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dietetics, and also for those students who major in other subjects that have a nutrition component.



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