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From the Back Cover

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Provide students with the required scientific basics of nutrition in the context of a systems and health approach Enable teachers and students to explore the core principles of nutrition, to apply these throughout their training, and... Are fully peer reviewed, to ensure ...

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Medicine ...

By the end of this chapter, you will be able to: Describe basic concepts in nutrition Describe factors that affect your nutritional needs Describe the importance of research and scientific methods to understanding nutrition

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acids Digestion and
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This is a great book to
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nutrition. Reviewed by
Clare McEnroe, Adjunct
Professor, Raritan
Valley Community
College on 3/25/20 The
textbook does cover
the surface of many
topics important for
students to know and
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and nutrition on a daily basis.

Human Nutrition - Healthy Lifestyle | Alison

Human nutrition deals with the provision of essential nutrients in food that are necessary to support human life and good health. Poor nutrition is a chronic problem often linked to poverty, food security or a poor understanding of

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nutrition and dietary practices.

Human nutrition - Wikipedia

Introduction to Human Nutrition - Learning Outcomes; 2. The Basics of Human Nutrition; 3. Calories and Food Energy; 4. Phytochemicals, Zoochemicals and Functional Foods; 5. Introduction to Human Nutrition - Lesson Summary

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The text provides a sound introduction to the study of human nutrition that facilitates distance learning and self-paced instruction.

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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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**HK125 - Introduction
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Introduction to
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course introduces
students to the basic
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nutrition and the role
of nutrition in the
health care
environment. Nutrient
composition of foods
and current nutrition
recommendations for
carbohydrate, fat,
protein, vitamins,

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minerals and water will be discussed.

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Throughout, key areas of knowledge are identified Are fully peer reviewed, to ensure completeness and clarity of content, as well as to ensure that each book takes a global perspective Introduction to Human Nutrition is an essential purchase for

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undergraduate and postgraduate students of nutrition/nutrition and dietetics degrees, and also for those students who major in other subjects that have a nutrition component, such as food science, medicine, pharmacy and nursing.

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The Nutrition Society's
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Nutrition textbook is a leading title for students of nutrition and dietetics, outlining the basic foundations for the study of human nutrition. Following its third edition publication, the NSTA has produced a 5 part webinar series to support its content and provide an additional source of learning.

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