Essential reading for all nutrition and dietetics students, including those studying nutrition modules as part of food science, catering or health care courses.

The fourth edition continues to offer wide-ranging coverage of all aspects of nutrition, including: nutritional assessment; epidemiological and experimental methods used in nutrition research; social aspects of nutrition; the science of food as a source of energy and essential nutrients; variation in nutritional needs and priorities at different stages of the life-cycle; hospital malnutrition; and the use of dietary supplements and functional foods.

Completely updated, this accessible textbook offers a comprehensive guide to the roles of diet in causing, preventing and even treating chronic disease and maintaining good health. The importance of improving health is a guiding principle throughout the book and is underpinned by health promotion theory.