Provides comprehensive coverage of all aspects of human nutrition, including micronutrients, systems biology, immunity, public health, international nutrition, and diet and disease prevention.

This definitive reference captures the current state of this vital and dynamic science from an international perspective, featuring nearly 140 expert authors from 14 countries around the world.

Now condensed to a single volume, this 10th edition contains new chapters on topics such as epigenetics, metabolomics, and sports nutrition. The remaining chapters have been thoroughly updated to reflect recent developments. Suggested reading lists are now provided for readers wishing to delve further into specific subject areas.