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Essentials of Human Nutrition

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Essentials of Human Nutrition is the established starting point for those embarking on courses in nutrition and related fields.

Essentials of Human Nutrition has proven to be an invaluable textbook for students requiring a broad, quality survey of the subject. This third edition has been updated amidst the increasingly buoyant recognition of the role of nutrition in health and disease status. Accordingly, the book charts the involvement and impact of nutrition across the lifespan and at community level, based on a sound foundation of nutritional science.

Coverage of topical subjects, such as functional foods, synthetic and mimetic ingredients, along with the spectre of chronic disease, and nutritional crises in the world, fuels study for assignments and essays.

Figures and tables have been compiled selectively to provide a digest of the practical data and processes, such as nutritional assessment and measurement, with which students need to be familiar.

Features:

- * Written by international experts in the field, providing a high calibre, global orientation to the subject
- * Careful structure provides robust coverage, both as a roadmap to an extended period of study, or for isolated modules of interest
- * More figures and boxes enhance the text and reinforce key point

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