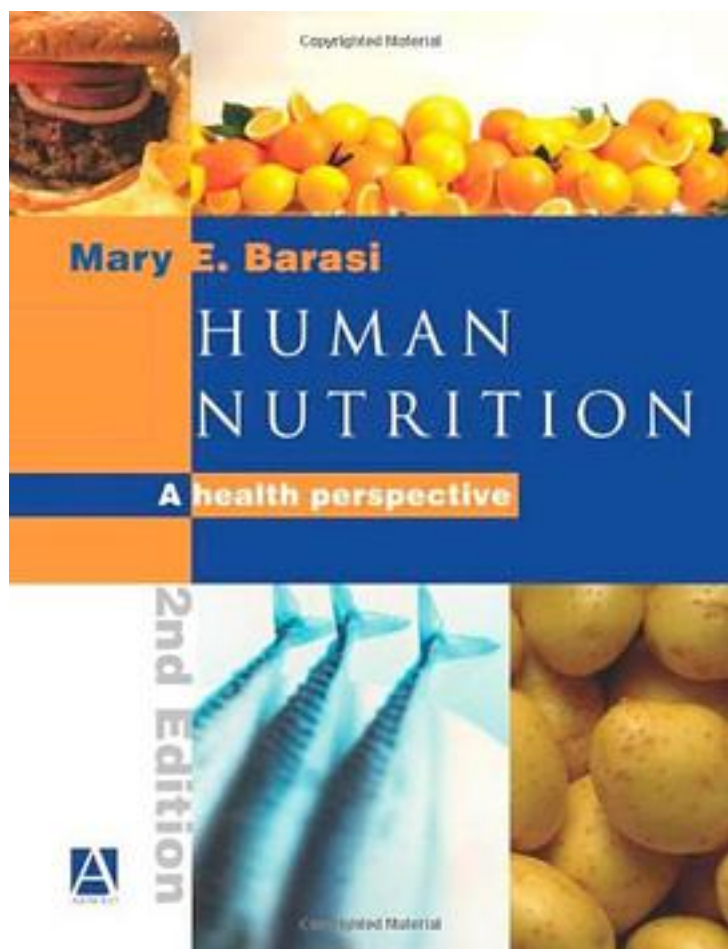


# Human Nutrition



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著者:Barasi, Mary E.

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Human Nutrition: A Health Perspective, Second Edition presents a comprehensive introduction to the basic principles of nutrition, together with their application through the life cycle and in a variety of life situations. Topics covered are relevant to students

in a variety of courses that include nutrition. The book is also ideal for health-related courses that address how nutrition is related to the development of diseases that afflict Western populations, and what can be done to minimize the risks of developing such diseases. To facilitate learning, the book involves readers in thinking about their own nutrition for the protection and promotion of health. Topics include food allergy, fluid intakes, sports nutrition, functional foods, and nutrients sold as supplements. The text is interspersed with study questions and diagrams to engage and maintain readers' attention. Scientific explanations are provided in an accessible manner to help in understanding and to clarify principles. The flow of the information builds from methods of studying nutrition and essential principles about the structure of diet through an exploration of the functions of all the nutrients. The basic knowledge is applicable to a study of the major life stages and the challenges that might threaten nutritional status. The book highlights issues related to major diseases in the West such as coronary heart disease and cancer. It also considers the concept of optimizing nutrition and discusses nutrition policy and related health promotion issues.

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