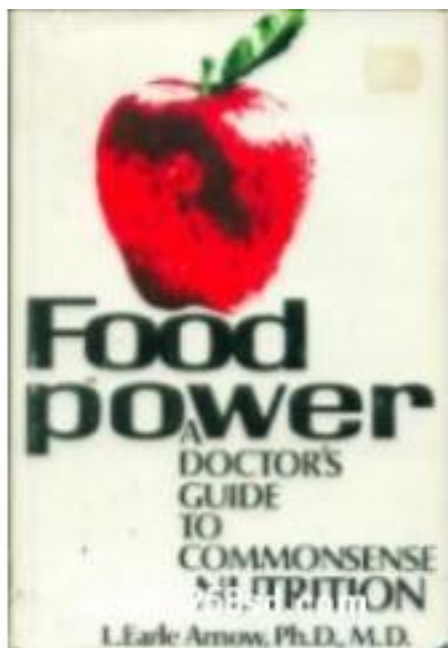


# Food Power



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出版者:Rowman & Littlefield Publishers

出版时间:

装帧:

isbn:9780911012378

Preface  
>information of interest to the intelligent and inquisitive readeri¼CE<br>but they also have a wealth of technical discussion that makes<br>them uninteresting or even unintelligible to those not well versed<br>in science. On my desk there is a good text on nutrition and it has<br>581 pages. In my opinioni¼CE howeveri¼CE the information on only 219<br>of those pages would be interesting and useful to the reader 1<br>have in mind. Soi¼CE at the suggestion of Dr. Richard H. Barnesi¼CE<br>Dean of the Graduate School of Nutrition at Cornell Universityi¼CE<br>1 tried to write a book that gives a broad view of the field of<br>nutrition. Andi¼CE 1 have omitted detailed discussions of biochem-<br>istryi¼CE clinical dieteticsi¼CE public healthi¼CE educationi¼CE and sociology.<br>Every bookstore has many books on nutrition.

Some are<br>written by capable nutritionists. I have not yet found a book like<br>>this one. Often these books are limited in scopei¼¢ or contain con-<br>clusions without giving enough background discussion to allow<br>the reader to understand these conclusionsi¼¢ and why nutritioalsts<br>think as they do. Most books on nutrition unfortunately must be<br>classified as fad books that certainly do nothing to advance<br>knowledge in the field of nutrition. On the contraryi¼¢ they do a<br>>great deal of harm.<br> Dr. Jesse F. McClendon has devoted most of the years of this<br>i¼¢century to the laboratory investigation of nutrition. He was the<br>

作者介绍:

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