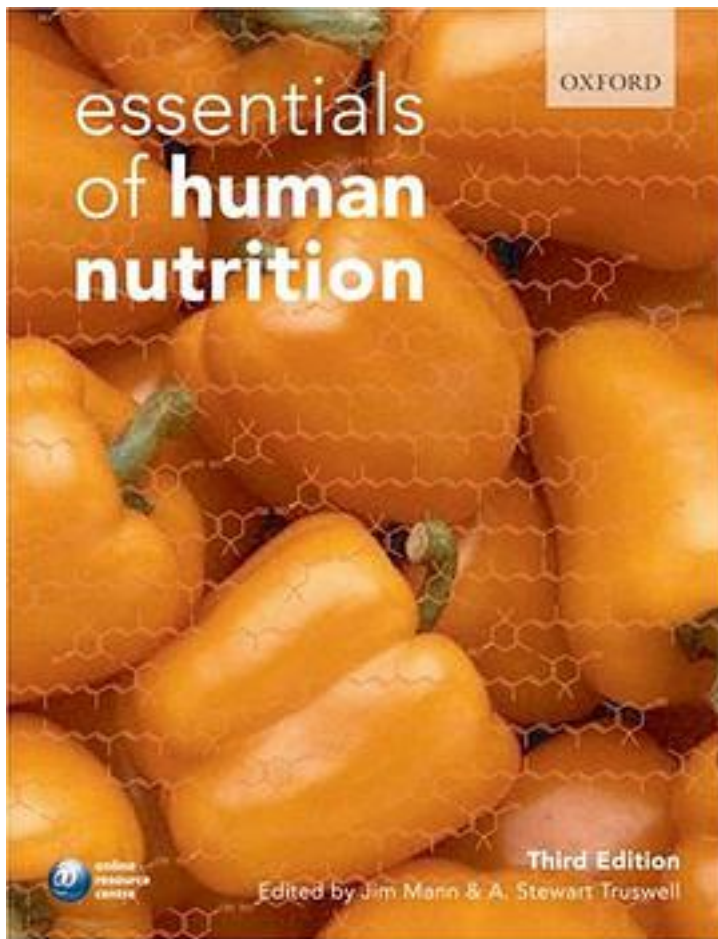


Essentials of Human Nutrition



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著者:Mann, Jim (EDT)/ Truswell, Stewart (EDT)

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Essentials of Human Nutrition is the established starting point for those embarking on courses in nutrition and related fields. It 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, 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. Online Resource Centre: BL Active web links to provide a gateway to the journal articles cited in the book BL Editors forum, posting periodic updates on topical and important subjects

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