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Nutrition: Food for

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Smolin, Grosvenor:

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nutrition science and
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Alexander Pushkin

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both as consumers and
as future scientists and
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as future scientists and
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the following topics:

The Dietary Reference
Intakes (DRIs); nutrition
and gene expression;
regulation of body
weight; dietary
supplements; and
environmental issues.

Work more effectively

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and gauge your progress
along the way!

Designed to be used
alongside Smolin and
Grosvenor's Nutrition,
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with a wealth of
material to help ensure
that they are successful
in the course. This study
guide includes chapter
outlines, multiple-
choice questions, short-

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questions, and a variety of learning activities.

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information and apply
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nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks

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of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements.

Written for the upper-level undergrad or graduate level majors

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course, Advanced

Human Nutrition, Third

Edition provides an in-

depth overview of the

human body and details

why nutrients are

important from a

biochemical,

physiological, and

molecular perspective.

Through its writing style

and numerous figures

and illustrations, the

Third Edition clearly

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outlines metabolism and the molecular functions of nutrients. A variety of pedagogical elements within the text, such as Here's Where You Have Been and Here's Where You Are Going, help clarify key points from the chapter and provide real-world examples that bring the content to life. New and Key Features of the Third

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Edition: Includes new chapters on Fiber and Nutraceuticals and Functional Foods

Before You Go On sections asks students to reflect upon what they've just read, urging them to go back and re-read portions of the text if they do not readily grasp the material.

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depth to the chapter and, in some cases, allow the student to view the application of basic science. The end-of-chapter summary reiterates key points from the chapter and helps students prepare for future exams."

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