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Advanced Nutrition and Human Metabolism is a higher level book on nutrition. It equally addresses nutrition and metabolism. Metabolism is the sum of biochemical reactions taking place in the body. Once the nutrients are absorbed and assimilated, these are then metabolized. The break down of these nutrients provides energy.

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ADVANCED NUTRITION AND HUMAN METABOLISM is current, relevant and designed to maximize clarity of essential concepts. This longtime best-seller delivers its content in a student-friendly way. With new figures, new art and key updates throughout, the 8th edition continues to set the standard for the course through its ability to clearly explain even the most complex metabolic processes and concepts. Appropriate for undergraduate and graduate level courses, the book gives students a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates; examines the structures and functions of water-soluble and fat-soluble vitamins; and provides information on nutrient food sources,

recommended intakes, deficiency and toxicity. With *ADVANCED NUTRITION AND HUMAN METABOLISM*, 8th Edition, students will be well prepared to continue their studies in the field of nutrition. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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The leading and most current text available for the capstone level undergraduate nutrition course, *Advanced Nutrition and Human Metabolism*, Fourth Edition provides a sophisticated understanding of digestion, absorption and metabolism of fat, protein and carbohydrates. It covers the biochemistry of vitamins, minerals, and energy nutrients. In addition, the text examines the structure and function of water-soluble and fat-soluble vitamins and their regulatory role in metabolism, looks at electrolyte and fluid balance, and examines the role of nutrition in the development or exacerbation of chronic disease. This text continues to set the hallmark for this course through the authors' ability to clearly and accurately explain even the

most complex metabolic processes and concepts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

For the advanced course for majors, this text takes a cells to systems approach. The text and research focus on normal nutrition and physiological function in the human, rather than on strictly clinical aspects. The new edition features updated coverage of antioxidants and alcohol. This edition includes the 1993 Diabetes Control and Complications Trial.

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The explosion of knowledge about satiety and hunger has given new meaning to our understanding of the genetics of obesity. New interest in gene expression as related to nutrition and advances in the field of macronutrients has made the latest nutrition research intriguing. *Advanced Nutrition: Macronutrients* adopts an integrated approach to the understanding of macronutrient nutrition. It provides scientific foundations of the current findings on energy balance, protein need, gene expression, and carbohydrate and lipid use, and maintains emphasis on the biochemical and physiological basis for nutrient need.

Written for the upper-level undergrad or graduate level majors 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 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 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. Special Feature boxes on focused topics add 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."

While written from a nutritional sciences perspective, *Advanced Nutrition and Regulation of Metabolism* is a reference source that emphasizes regulation of proteins and gene expression. The focus is on the function of nutrients, how function relates to deficiency and its symptoms, how both of these relate to assessment, and how this is achieved during the fed-fasted cycle. After reviewing cell biology and basic biological concepts, the book discusses digestion and absorption, carbohydrates, lipids, proteins, water-soluble vitamins, fat-soluble vitamins, and minerals. Students learn how these are all structured and absorbed, become familiar with the nomenclature, and study their impact on metabolism, as well as other essential biological functions. Each chapter includes specific objectives and outcomes to guide student learning, reflection, discussion, comprehension questions, and an application opportunity. Designed for students who are already familiar with introductory and intermediate nutritional sciences, *Advanced Nutrition and Regulation of Metabolism* assumes that readers have a background in cell biology, biochemistry, and physiology. The book is well-suited to advanced nutritional sciences courses, as well as some classes in animal science, kinesiology, genetics, and biochemistry. Kevin L. Schalinske earned his Ph.D. in nutritional sciences at the University of Wisconsin, where he also completed a post-doctoral fellowship. Dr. Schalinske is now a professor in the Department of Food Science and Human Nutrition at Iowa State University. His research interests include the impact of nutritional and hormonal factors on folate and methyl group metabolism, particularly as they impact health and disease. He has received funding from numerous sources including the National Institutes of Health, the American Diabetes Association, and the American Heart Association. Dr. Schalinske also serves as an associate editor for *The Journal of Nutrition*.

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