



Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism

Carolyn D. Berdanier, Lynnette A. Berdanier, Janos Zempleni

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Nutrition science has evolved considerably in the past decade with new concepts and discoveries. In response, advanced nutrition courses now encompass material on macronutrients and micronutrients, subjects that have traditionally been studied separately. The brand new edition of **Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism** is a completely updated and expanded revision of two prior works, *Advanced Nutrition Micronutrients* and *Advanced Nutrition Macronutrients, Second Edition*, combined into one book for the first time.

As in the original editions, this book has been written for those with a background in biochemistry and physiology who may or may not have a background in nutrition and dietetics. The first half of the text introduces integral concepts in nutrition science, such as energy, regulation of food intake, nutritional biochemistry, cell cycle, nutrigenomics, and epigenetics.

The second portion of the book focuses on specific micronutrients and macronutrients with respect to their roles in metabolism. For ease of understanding, each chapter follows a specific format detailing each nutrient's definition, absorption, use, and excretion. Chapters include discussions on protein, carbohydrates, lipids, vitamins, and minerals. Woven throughout the text are topics of clinical interest such as obesity, diabetes, lipemia, renal disease, and other conditions influenced by nutrition.

Cell cycle and life span nutrition The book presents a wealth of illustrations, diagrams, and tables that make complex concepts easy to grasp. It also provides references and a glossary of terms. The accompanying CD-ROM includes PowerPoint® slides of additional material. These features make it a resource that will spend more time on the desktop than on the bookshelf.

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