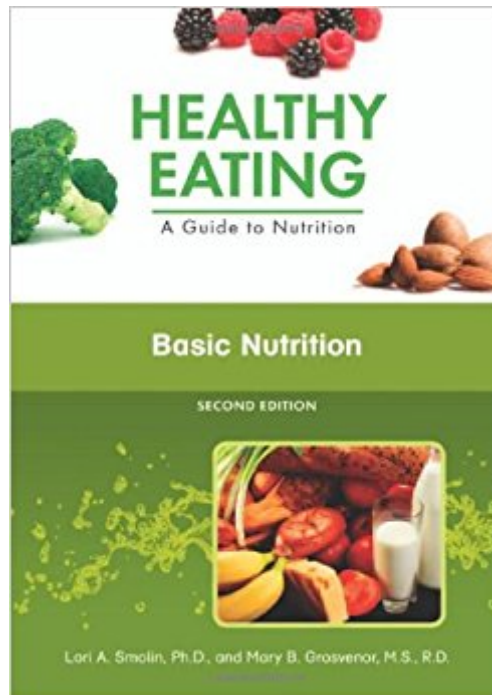




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Basic Nutrition (Healthy Eating: A Guide To Nutrition)



Synopsis

The body uses food to fuel its processes and to stay healthy. Basic Nutrition, Second Edition includes important information regarding the six classes of nutrients, how each is broken down and used by the body, and how much of each nutrient an individual needs. In a stimulating and easy-to-understand format, this informative new title also provides guidance for planning a healthy diet.

Book Information

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Customer Reviews

..."Smolin and Grosvenor certainly know their material...these books delve into the complexities of nutrition...aiming to enable readers to make informed choices regarding personal diet." --This text refers to an out of print or unavailable edition of this title.

Mary B. Grosvenor, M.S., R.D. Mary Grosvenor received her B.A. degree in English from Georgetown University and her M.S. in Nutrition Sciences from the University of California at Davis. She is a registered dietitian with experience in public health, clinical nutrition, and nutrition research. She has published in peer-reviewed journals in the areas of nutrition and cancer and methods of assessing dietary intake. She has taught introductory nutrition at the community college level and currently lives with her family in a small town in Colorado. She is continuing her teaching and writing career and is still involved in nutrition research via the electronic superhighway. Lori A. Smolin, Ph.D. Lori Smolin received her B.S. degree from Cornell University, where she studied human

nutrition and food science. She received her doctorate from the University of Wisconsin at Madison. Her doctoral research focused on B Vitamins, homocysteine accumulation, and genetic defects in homocysteine metabolism. She complete postdoctoral training both at the Harbor-UCLA Medical Center, where she studied human obesity, and at the University of California at San Diego, where she studied genetic defects in amino acid metabolism. She has published in these areas in peer-reviewed journals. Dr. Smolin is currently at the University of Connecticut, where she teaches both in the Department of Nutritional Sciences and in the Department of Molecular and Cell Biology. Courses she has taught include introductory nutrition, lifecycle nutrition, food preparation, nutritional biochemistry, and introductory biology.

I picked this up at my local library, as I have with many health and nutrition books, but this is the first one that I am going to buy. Most nutrition books I see are full of either iffy science, too much biased opinion, or they're just too complicated for me to follow. This book gives a brief but thorough explanation of all the basics. The text and pictures are concise and easy to follow. I have very little scientific background and I was able to understand all the stuff about mono- di- and polysaccharides, amino acids, enzymes, and all the other molecular stuff and their practical functions in the body. If you're confused about our state of nutritional knowledge today then start here. I wish I'd had a book like this years ago.

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