


Biochemical, Physiological, and Molecular Basis of Human Nutrition

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Covering advanced nutrition with a comprehensive, easy-to-understand approach, Biochemical, Physiological, and Molecular Aspects of Human Nutrition, 3rd Edition focuses on the biology of human nutrition at the molecular, cellular, tissue, and whole-body levels. It addresses nutrients by classification, and describes macronutrient function from digestion to metabolism. This edition includes the new "MyPlate" dietary guide and recommendations from the "Dietary Guidelines for Americans 2010," plus coverage of the historical evolution of nutrition and information on a wide range of vitamins, minerals, and other food components. In Biochemical, Physiological, and Molecular Aspects of Human Nutrition, lead authors Martha H. Stipanuk and Marie A. Caudill are joined by a team of nutrition experts in providing clear, concise, coverage of advanced nutrition.

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