



Principles of Human Nutrition

Martin Eastwood

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This exciting new book is the updated and revised second edition of an extremely popular and well-received textbook. Written by Martin Eastwood, well respected internationally in nutritional sciences, this important new edition provides students with a thorough book that should be adopted for course use on many courses worldwide.

Taking into account constructive comments received by students and teachers who used and enjoyed the first edition, this new edition retains the original freshness of the 1st edition, looking at nutrition as an exciting discipline. Special features within the book to help students include summaries, boxes and questions. Carefully laid out to assist learning, the book is divided broadly into sections, providing in-depth coverage of the following subjects:

- *food in the community*
- *metabolism of nutrients by an individual, dictated by genetic makeup,*
- *measurement of an individual's nutritional status*
- *essential, non-essential and non-nutrients; their selection, ingestion, digestion, absorption and metabolism*
- *nutritional requirements in the normal individual and for specific diseases*

Principles of Human Nutrition, 2nd Edition is primarily written as a course text for those studying degree courses in nutrition and dietetics and for students on modular courses on nutrition within other degree courses, e.g. food studies, medicine, health sciences, nursing and biological sciences. It is also of great value as a reference for professional nutritionists and dietitians, food scientists and health professionals based in academia, in practice and in commercial positions such as within the food and pharmaceutical industries. Multiple copies of this valuable book should also be on the shelves of all universities, medical schools and research establishments where these subjects are studied and taught.

For supplementary material associated with this textbook and its contents, please visit the web pages for this book, on the publishers' website: <http://www.blackwellpublishing.com/eastwood/>

Martin Eastwood was formerly consultant gastroenterologist at the Western General Hospital, Edinburgh, U. K. and Reader in Medicine at the University of Edinburgh, U. K.

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