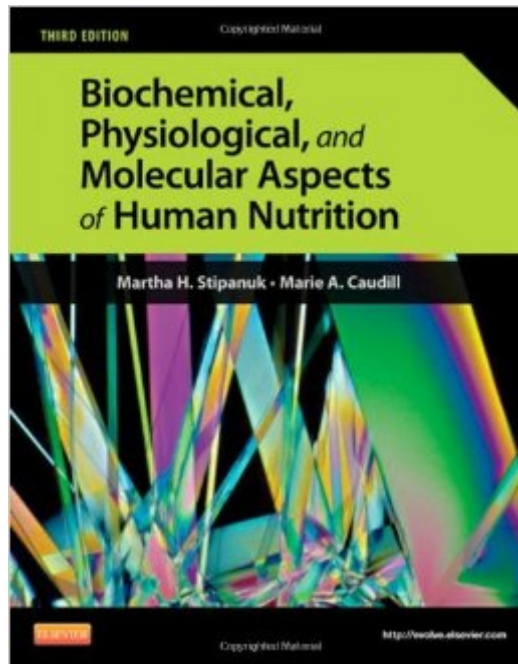


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# Biochemical, Physiological, And Molecular Aspects Of Human Nutrition, 3e



## Synopsis

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. 55 expert contributors provide the latest information on all areas of the nutrition sciences. Nutrition Insight boxes discuss hot topics and take a closer look at basic science and everyday nutrition. Clinical Correlation boxes show the connection between nutrition-related problems and their effects on normal metabolism. Food Sources boxes summarize and simplify data from the USDA National Nutrient Database on the amount and types of foods needed to reach the recommended daily allowances for vitamins and minerals. DRIs Across the Life Cycle boxes highlight the latest data from the Institute of Medicine on dietary reference intakes for vitamins and minerals, including coverage of infants, children, adult males and females, and pregnant and lactating women. Life Cycle Considerations boxes highlight nutritional processes or concepts applicable to individuals of various ages and in various stages of the life span. Thinking Critically sections within boxes and at the end of chapters help in applying scientific knowledge to "real-life" situations. Lists of common abbreviations provide an overview of each chapter's content at a glance. Comprehensive cross-referencing by chapters and illustrations is used throughout. Current references and recommended readings connect you to nutrition-related literature and provide additional tools for research. Coverage of the USDA's MyPlate dietary guide reflects today's new approach to diet and nutrition. Recommendations outlined in the Dietary Guidelines for Americans 2010 are incorporated throughout the book. Updated format features more subheadings, tables, and bullets, making it easier to learn and recall key points. Updates of key chapters and boxes reflect significant changes within the fields of nutrition, biology, molecular biology, and chemistry. NEW illustrations simplify complex biochemical, physiological, and molecular processes and concepts.

## Book Information

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## Customer Reviews

The textbook was very concise with good diagrams to strengthen explanations. Some areas were lacking such as more detailed information on TCA cycle and oxidative phosphorylation. Besides lacking more detail in certain areas, it was a great resource that blended multiple science disciplines all in one book that focused on nutrition.

This book would be hard to read if you don't have some (basic) knowledge in organic chemistry, physical chemistry, and biochemistry. I took a metabolism class and this book was recommended. I never buy or read recommended books since they are usually useless for exams/quizzes, but this book puts so much useful and interesting information at one place that I just read it for fun. If you're not into metabolism, skip it, you will suffer.

With a quick glance, I think the book contains a good wealth of information, which is great for people who want to know the details! Perhaps some undergraduate level of biochemistry and cell biology knowledge is required to understand the content thoroughly. I am currently reading the "Digestion and Absorption of Protein" chapter and found it informative. To me the diagrams in the book look neat and concise. The paper quality is fine. Overall, I am happy with the book.

This book is up to date and written in a fashion that you can understand. I have several other biochemical nutrition texts but this one is by far the best. It's the bomb!

GOOD BOOK FULL OF DETAIL AT TIMES I DIDN'T UNDERSTAND THE DEPTH, BUT AFTER READING ON BECAME CLEARER, IF ONE IS TO UNDERSTAND IT, I RECOMEND YOU HAVE ALL YOUR BIOCHEM CLASSES. AND TOP TIER NUTRITION CLASSES. NOT FOR BEGINNERS

What a great reference source for detailed information about nutritional biochemistry. This has become my "go-to" source - the first book I grab when I need an in-depth review of a topic. Stepanuk rarely fails to deliver and often surprises with unexpected insights and revelations.

Excellent reading for those who wish to immerse themselves in nutritional physiology

Cheaper than the school bookstore, not much else to say.

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