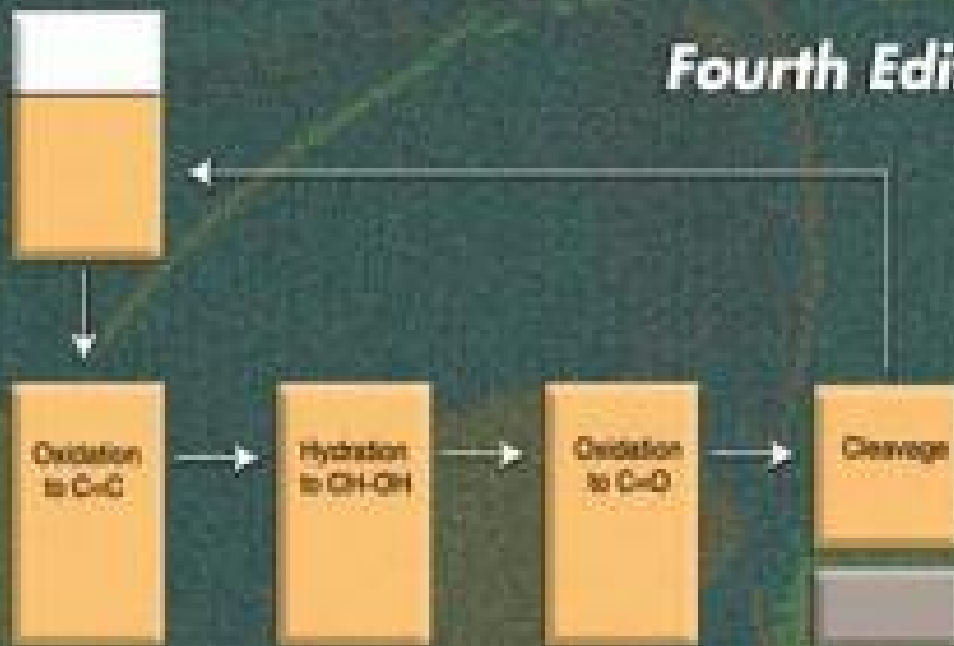


Introduction to

# Nutrition and Metabolism

*Fourth Edition*



**David A. Bender**



CRC Press  
Taylor & Francis Group

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# Introduction to Nutrition and Metabolism

David A. Bender

widely revised and up to date to mirror our present knowing of dietary and nutritional requirements, creation to food and Metabolism, Fourth variation contains new details Introduction to Nutrition and Metabolism interpreting the function of food in universal power diseases. additionally new Introduction to Nutrition and Metabolism to this version are revised end-of-chapter exercises, key element summaries, and a CD-ROM with PowerPoint shows for every chapter, self-assessment tests, medical problems, a digital laboratory, and a software for nutrient research and meal evaluation. holding the wealth of specified details introduced within the obtainable demeanour of its predecessors, this fourth version keeps to supply a transparent advent to the rules of foodstuff and metabolism, the interactions among vitamin and health, and the medical foundation for nutritional objectives and recommendations. the writer makes use of concise, authoritative language to stress and describe the underlying biochemistry that's necessary to an knowing of nutrient functionality and the power to guage and interpret destiny advances in food science. With transparent and easy diagrams, the textual content explores the physiological desire for foodstuff and describes the metabolic pathways, their integration and control, and the biochemical foundation in their dietary and physiological importance. It covers digestion and absorption and the metabolic roles of ATP, enzymes, and coenzymes. Describing the sensible usage of protein, fats, and carbohydrates, the booklet discusses macronutrients by way of strength yield, power balance, and reserves. It additionally covers the endocrinology of metabolic keep an eye on and the biochemistry of supplements and minerals. analyzing dietary biochemistry and the position of nutrition in heath and disease, creation to foodstuff and Metabolism, Fourth variation presents the medical foundation from which to make prudent and fit nutritional recommendations.

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