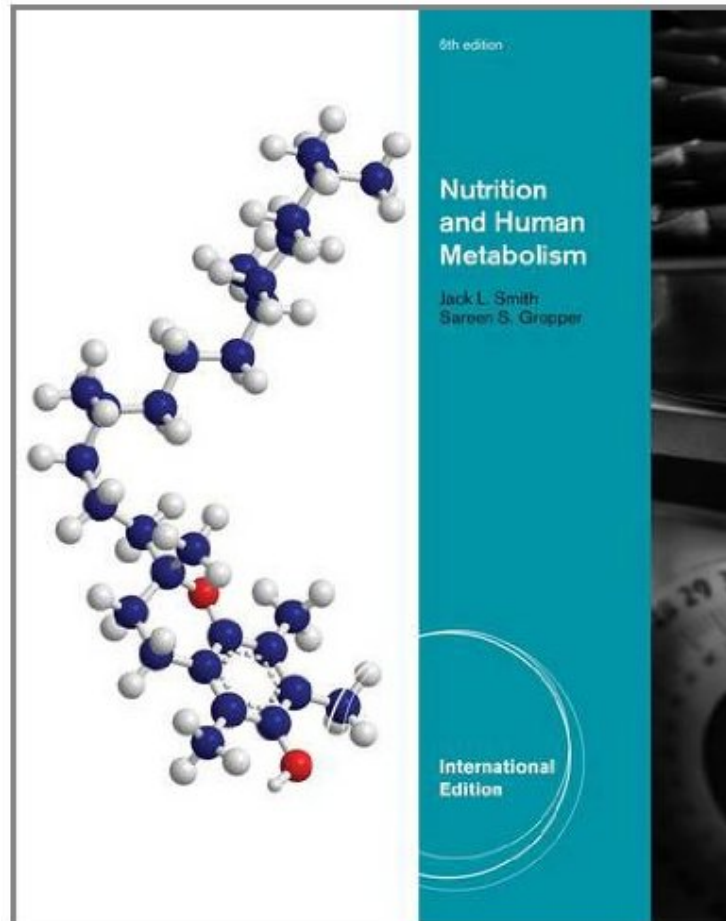


Advanced Nutrition and Human Metabolism

Jack Smith, Sareen Stepnick Gropper
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Jack Smith, Sareen Stepnick Gropper : Advanced Nutrition and Human Metabolism before purchasing it in order to gauge whether or not it would be worth my time, and all praised Advanced Nutrition and Human Metabolism:

0 of 0 people found the following review helpful. Five Stars By MPG Great overview of the biochemistry, cell biology and endocrinology of nutrition. Very detailed! 0 of 0 people found the following review helpful. Five Stars By Customer Advanced Nutrition and Human Metabolism is an excellent resource for my PhD program in nutrition. 0 of 0 people found the following review helpful. Great text and resource! By Vania Perry Book was purchased used but was in EXCELLENT condition when I received it. The only drawback I have is that I don't think have an updated link for the Study Guide. I only have it for the 5th edition. Great resource for future reference as well.

Current, comprehensive, and designed to maximize clarity of the concepts you need to know, longtime best seller ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition delivers its signature quality content in a student-friendly presentation. This text is accessible, with relevant examples, illustrations, applications,

tables, and figures to emphasize key concepts. The authors have thoroughly updated the art for this edition by adding several new figures and improving accuracy and clarity of the existing ones. This text continues to set the standard through the authors' ability to clearly and accurately explain even the most complex metabolic processes and concepts. It's the only book written for undergraduates that consistently stays at that level. Providing thorough and detailed coverage, the text equips you with a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates. It covers the biochemistry of vitamins, minerals, and energy nutrients. It also examines the structure and function of water-soluble and fat-soluble vitamins and their regulatory role in metabolism, looks at electrolyte and fluid balance, and covers the role of nutrition in the development or exacerbation of chronic disease. With **ADVANCED NUTRITION AND HUMAN METABOLISM, 6E, International Edition** you are well prepared as you continue your journey in the field of nutrition.

SECTION I: CELLS AND THEIR NOURISHMENT. 1. The Cell: A Microcosm of Life. 2. The Digestive System: Mechanism for Nourishing the Body. **SECTION II: MACRONUTRIENTS AND THEIR METABOLISM.** 3. Carbohydrates. 4. Fiber. 5. Lipids. 6. Protein. 7. Integration and Regulation of Metabolism and the Impact of Exercise and Sport. 8. Body Composition, Energy Expenditure, and Energy Balance. **SECTION III: THE REGULATORY NUTRIENTS.** 9. The Water-Soluble Vitamins. 10. The Fat-Soluble Vitamins. 11. Major Minerals. 12. Water and Electrolytes. 13. Essential Trace Minerals. 14. Additional Ultratrace Minerals. **About the Author** Jack Smith was Professor and Chair of the nation's largest nutrition department at the University of Delaware. He is now retired. Metabolism is his area of expertise. Sareen Gropper is a professor and graduate program director at the Department of Nutrition, Dietetics, and Hospitality Management at Auburn University. She is an expert in the area of infant feeding and lactation.