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For the advanced course for majors, this text takes a cells to systems approach. The text and research focus on normal nutrition and physiological function in the human, rather than on strictly clinical aspects. The new edition features updated coverage of antioxidants and alcohol. This edition includes the 1993 Diabetes Control and Complications Trial.

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The explosion of knowledge about satiety and hunger has given new

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meaning to our understanding of the genetics of obesity. New interest in gene expression as related to nutrition and advances in the field of macronutrients has made the latest nutrition research intriguing. Advanced Nutrition: Macronutrients adopts an integrated approach to the understanding of macronutrient nutrition. It provides scientific foundations of the current findings on energy balance, protein need, gene expression, and carbohydrate and lipid use, and maintains emphasis on the biochemical and physiological basis for nutrient need.

While written from a nutritional sciences perspective, Advanced Nutrition and Regulation of Metabolism is a reference source that emphasizes regulation of proteins and gene expression. The focus is on the function of nutrients, how function relates to deficiency and its symptoms, how both of these relate to assessment, and how this is achieved during the fed-fasted cycle. After reviewing cell biology and basic biological concepts, the book discusses digestion and absorption, carbohydrates, lipids, proteins, water-soluble vitamins, fat-soluble vitamins, and minerals. Students learn how these are all structured and absorbed, become familiar with the nomenclature, and study their impact on metabolism, as well as other essential biological functions. Each chapter includes specific objectives and

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outcomes to guide student learning, reflection, discussion, comprehension questions, and an application opportunity. Designed for students who are already familiar with introductory and intermediate nutritional sciences, *Advanced Nutrition and Regulation of Metabolism* assumes that readers have a background in cell biology, biochemistry, and physiology. The book is well-suited to advanced nutritional sciences courses, as well as some classes in animal science, kinesiology, genetics, and biochemistry. Kevin L. Schalinske earned his Ph.D. in nutritional sciences at the University of Wisconsin, where he also completed a post-doctoral fellowship. Dr. Schalinske is now a professor in the Department of Food Science and Human Nutrition at Iowa State University. His research interests include the impact of nutritional and hormonal factors on folate and methyl group metabolism, particularly as they impact health and disease. He has received funding from numerous sources including the National Institutes of Health, the American Diabetes Association, and the American Heart Association. Dr. Schalinske also serves as an associate editor for *The Journal of Nutrition*.

Understanding the way in which nutrients are metabolised, and hence the principles of biochemistry, is essential for understanding the scientific basis of what we would call a healthy diet. Extensively

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revised and updated to reflect current knowledge of nutritional and dietary requirements, Introduction to Nutrition and Metabolism, Fifth Edition presents an accessible text on the basic principles of nutrition and metabolism and the biochemistry needed for comprehending the science of nutrition. This full-color text explores the need for food and the uses to which that food is put in the body, as well as the interactions between health and diet. It describes the metabolic pathways and the biochemical basis of their nutritional and physiological importance. Topics covered include chemical reactions and catalysis by enzymes; the role of ATP; digestion and absorption of carbohydrates, fats, and proteins; issues associated with being overweight; problems of malnutrition; and vitamin and mineral requirements and functions. This new edition contains significantly expanded information on a variety of subjects including appetite control, hormone action, and integration and control of metabolism. The fifth edition also includes a list of key points at the end of each chapter. This text explains the conclusions of the experts who have deliberated on nutritional requirements, diet, and health, as well as the scientific basis for the conclusions they have reached. It also provides a foundation of scientific knowledge for the interpretation and evaluation of future advances in nutrition and health sciences. The accompanying CD-ROM contains new interactive

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tutorial exercises, PowerPoint presentations for each chapter, self-assessment quizzes, simulations of laboratory experiments, and a nutrient analysis program.

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