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SCIENCE & APPLICATIONS

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Cover	1
Title Page	7
Copyright	8
About the Authors	9
Preface	10
Acknowledgements	11
Brief Contents	13
Contents	14
Chapter 1: Nutrition: Food for Health	23
Chapter 2: Nutrition Guidelines: Applying the Science of Nutrition	65
Chapter 3: Digestion, Absorption, and Metabolism	113
Chapter 4: Carbohydrates: Sugars, Starches, and Fibre	153
Focus On 1: Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management	209
Chapter 5: Lipids	213
Focus On 2: Alcohol	260
Chapter 6: Proteins and Amino Acids	272
Chapter 7: Energy Balance and Weight Management	313

Nutrition Science And Applications Canadian Edition

A Gutmann

Nutrition Science And Applications Canadian Edition:

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Nutrition Lori A. Smolin,Mary B. Grosvenor,1997 This introductory nutrition text is intended for a first course in nutrition taken by anyone from non science majors to nutrition majors It teaches students the basic principles of nutrition science and how to apply them to food choices as well as nutrition information they encounter By integrating the theme of choice throughout Nutrition Science and Applications Third Edition helps students understand that each dietary choice makes up only one component of an overall diet The third edition also continues the integrated approach by incorporating health and disease metabolism cultural diversity and life stage topics into each chapter The third edition continues this text's reputation of unparalleled currency among nutrition texts by including new and expanded coverage of the following topics The Dietary Reference Intakes DRIs nutrition and gene expression regulation of body weight dietary supplements and environmental issues

Nutrition Lori A. Smolin,Mary B. Grosvenor,2007-06-11 Obesity has become a major health issue throughout the world but many people just aren't aware of the proper nutrition needed in a diet Smolin guides readers through the science of nutrition providing real world examples to show them how to apply this information to their lives Each chapter delves into the strong science base while exploring the basis of current nutrition recommendations This approach will help readers effectively evaluate new information that they encounter

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2002 the Fourth Edition offers new and expanded coverage of such cutting edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production In addition this edition features a new chapter Meeting Nutrient Needs Food Versus Supplements which discusses the benefits and drawbacks of meeting nutritional needs with foods fortified foods and supplements as well as the role of herbal supplements Student Study Guide Designed to be used alongside Nutrition 4E this author created study guide provides students with a wealth of material to help ensure that they are successful in the course Included are chapter outlines multiple choice questions short answer review questions and a variety of learning activities [Nutrition: Science and Applications, Second Canadian Edition WileyPLUS Learning Space Card Set](#) Lori A. Smolin,2015-06-18 Set Smolin,2012-06-26

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Table of Contents Nutrition Science And Applications Canadian Edition

1. Understanding the eBook Nutrition Science And Applications Canadian Edition
 - The Rise of Digital Reading Nutrition Science And Applications Canadian Edition
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Science And Applications Canadian Edition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Science And Applications Canadian Edition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Science And Applications Canadian Edition
 - Personalized Recommendations
 - Nutrition Science And Applications Canadian Edition User Reviews and Ratings
 - Nutrition Science And Applications Canadian Edition and Bestseller Lists

5. Accessing Nutrition Science And Applications Canadian Edition Free and Paid eBooks
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 - Nutrition Science And Applications Canadian Edition Enhanced eBook Features
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 - Highlighting and Note-Taking Nutrition Science And Applications Canadian Edition
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Science And Applications Canadian Edition
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 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Science And Applications Canadian Edition
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Science And Applications Canadian Edition
 - Setting Reading Goals Nutrition Science And Applications Canadian Edition
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Science And Applications Canadian Edition
 - Fact-Checking eBook Content of Nutrition Science And Applications Canadian Edition
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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