

Melinda Manore Linda Vaughan
Third Edition

Pearson New International Edition

The Science of Nutrition
Janice Thompson
Melinda Manore Linda Vaughan
Third Edition

Science of Nutrition, The

Table of Contents

Cover

Table of Contents

- 1. The Science of Nutrition: Linking Food, Function, and Health
- 2. Designing a Healthful Diet
- 3. The Human Body: Are We Really What We Eat?
- 4. Carbohydrates: Plant-Derived Energy Nutrients
- 5. Lipids: Essential Energy-Supplying Nutrients
- 6. Proteins: Crucial Components of All Body Tissues
- 7. Metabolism: From Food to Life
- 8. Nutrients Involved in Energy Metabolism
- 9. Nutrients Involved in Fluid and Electrolyte Balance
- 10. Nutrients Involved in Antioxidant Function and Vision
- 11. Nutrients Involved in Bone Health
- 12. Nutrients Involved in Blood Health and Immunity
- 13. Achieving and Maintaining a Healthful Body Weight
- 14. Nutrition and Physical Activity: Keys to Good Health
- Consumer Issues: Food Safety, Production, and Impact on the Environment
- 16. Nutrition Through the Life Cycle: Pregnancy and the First Year of Life
- 17. Nutrition Through the Life Cycle: Childhood and Adolescence
- 18. Nutrition Through the Life Cycle: The Later Years

In-Depth: Alcohol

In-Depth: Vitamins and Minerals: Micronutrients with Macro Powers

In-Depth: Phytochemicals
In-Depth: Disordered Eating

Dietary Reference Intakes: RDA, AI



Table of Contents

Index