



# Advanced Human Nutrition

*Denis M Medeiros, Robert E.C. Wildman*

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Written for the upper-level undergrad or graduate level majors course, *Advanced Human Nutrition, Third Edition* provides an in-depth overview of the human body and details why nutrients are important from a biochemical, physiological, and molecular perspective. Through its writing style and numerous figures and illustrations, the Third Edition clearly outlines metabolism and the molecular functions of nutrients. A variety of pedagogical elements within the text, such as “Here’s Where You Have Been” and “Here’s Where You Are Going,” help clarify key points from the chapter and provide real-world examples that bring the content to life.

New and Key Features of the Third Edition:

- Includes new chapters on Fiber and Nutraceuticals and Functional Foods
- “Before You Go On” sections asks students to reflect upon what they’ve just read, urging them to go back and re-read portions of the text if they do not readily grasp the material.
- “Special Feature” boxes on focused topics add depth to the chapter and, in some cases, allow the student to view the application of basic science.
- The end-of-chapter summary reiterates key points from the chapter and helps students prepare for future exams.

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