

Nutrition Science And Applications 3rd

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iii Brief Contents 1 What Is Nutrition? 3 2 Tools for Healthy Eating 39 3 Digestion, Absorption, and Transport 75 4 Carbohydrates 111 5 Lipids 157 6 Proteins 205 7 Alcohol 247 8 Energy Metabolism 281 9 Fat-Soluble Vitamins 317 10 Water-Soluble Vitamins 359 11 Water 405 12 Major Minerals 433 13 Trace Minerals 469 14 Energy Balance and Body Composition 507 15 Weight Management 537

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Nutrition: Science and Applications, 3rd Edition

Test Bank for Nutrition: Science and Applications 3rd Edition Smolin.
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4 PART 1 NUTRITION BASICS AND APPLICATIONS Daily Reference Values (DRVs): a set of values that covers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV). Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of its qualities and effects

Nutrition Basics and Applications

2 Nutrition Guidelines: Applying the Science of Nutrition 30. Case Study 31. The Development of Nutrition Recommendations 31. Dietary Reference Intakes 34. The Dietary Guidelines for Americans, 2015-2020 37. MyPlate: Putting the Dietary Guidelines into Practice 42. Food and Supplement Labels 48. Other Nutrition Guidelines 57. Assessing ...

Nutrition: Science and Applications / Edition 3 by Lori A ...

Nutrition: Science and Applications, Second Canadian Edition guides students towards an understanding of the scientific principles underlying what they know about nutrition. The research-based scientific content is detailed and supported by figures and comprehensive real-life examples that help students easily visualize complex processes.

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