



Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism, Second Edition

Carolyn D. Berdanier, Lynnette A. Berdanier

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Expanded and updated, the new edition of **Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism** continues in the tradition of its predecessor, serving as an essential textbook for advanced undergraduate and first-year graduate students studying human nutrition.

The book incorporates fundamental concepts in nutrition science—*while also acknowledging the contributions made by other sciences such as biochemistry, genetics, and physiology—in order to help us understand why specific nutrients are required*. It provides comprehensive coverage of both macro and micronutrients, emphasizing each nutrient's description, absorption, use, and excretion.

Highlights of the **Second Edition** include

- Chapters addressing exercise, obesity, starvation, and trauma
- Updates with respect to nutrigenomics and nutrient-gene interactions within specific topics
- Expansion of the aging effects with regard to life cycle and nutrient-specific chapters
- Nutrition requirement comparisons among different species and animal models for human diseases
- The chemistry and physiology of each essential nutrient and its integration in the body
- Chapter summaries, case studies, problem-solving activities, and critical thinking questions
- Web addresses and expansion and updating of the reference lists at the end of each chapter

Ancillary material designed to enhance the teaching experience is provided for instructors on PowerPoint® slides.

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