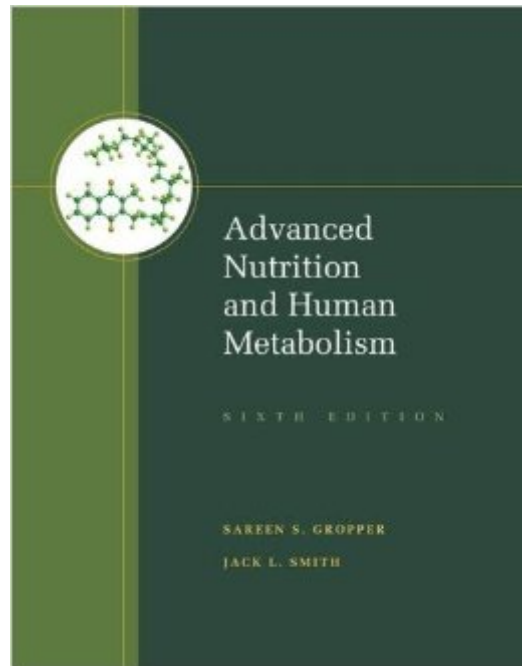


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# Advanced Nutrition And Human Metabolism



## Synopsis

Current, comprehensive, and designed to maximize clarity of the concepts you need to know, longtime best seller **ADVANCED NUTRITION AND HUMAN METABOLISM, SIXTH EDITION** delivers its signature quality content in a student-friendly presentation. This text is accessible, with relevant examples, illustrations, applications, tables, and figures to emphasize key concepts. The authors have thoroughly updated the art for this edition by adding several new figures and improving accuracy and clarity of the existing ones. This text continues to set the standard through the authors' ability to clearly and accurately explain even the most complex metabolic processes and concepts. It's the only book written for undergraduates that consistently stays at that level. Providing thorough and detailed coverage, the text equips you with a solid understanding of digestion, absorption, and metabolism of fat, protein, and carbohydrates. It covers the biochemistry of vitamins, minerals, and energy nutrients. It also examines the structure and function of water-soluble and fat-soluble vitamins and their regulatory role in metabolism, looks at electrolyte and fluid balance, and covers the role of nutrition in the development or exacerbation of chronic disease. With **ADVANCED NUTRITION AND HUMAN METABOLISM, SIXTH EDITION**, you are well prepared as you continue your journey in the field of nutrition.

## Book Information

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## Customer Reviews

I studied from the 3rd edition as a student and now I own this 6th edition to occasionally look things up for the work I do. If you are a health-savvy consumer looking to delve deeper into human

nutrition, consider carefully that this is a textbook authored for students with previous exposure to organic chemistry and probably rudimentary A&P. If you want a basic but packed Nutrition text to help you sort thru the misinformation about Nutrition that you'll find on the web, try *Nutrition: Concepts and Controversies* instead. It's not perfect, but will at least steer one away from wackadoodle information that can be found on The Internets. If you are a student or a professional, rest assured that this Gropper/Smith book is one you'll probably want to keep on your shelf for a few years. It contains an excellent assortment of figures, and the chapters on each micronutrient are logically broken down into sections on Digestion and Absorption, Deficiency, Toxicity, Interactions with Other Nutrients, etc. If the monochrome format sounds a bit Spartan, consider that the 3rd edition was only black & white; the magenta color now used for headings, etc. is a vast improvement, making it easier to find information. If you are looking for a more in-depth text, I'd recommend *Biochemical, Physiological, and Molecular Aspects of Human Nutrition, 3e*. My main complaint is that it still seems to not contain all of the information that you would expect from a text at this level; I realize this is a subjective complaint and that it is rare for a book to be your "one stop shopping" source for information, but this disappointment happens more often than I'd like. Another complaint is that the citations seem outdated in many cases, especially when there is discussion of disease; while I realize that it is a tremendous feat to stay on top of the current body of scientific literature in the field (esp. with a new edition being published only every 4 years), I would like to see future editions be more contemporary. Ideally, maintaining this text would be a full-time job for Sareen Gropper and Jack Smith, but that's not the world we live in.

I purchased this textbook for my kindle, believing that it would be more convenient to use than the larger print textbook. The format is essentially a scan of each book page, which makes the print tiny on a kindle fire. You must zoom in on sections of each page in order to make it legible because you cannot adjust the text size. Doing so is very distracting and inhibits the reader from comparing text to any graphics. These frustrations, combined with the outrageous price tag for an electronic book, have led me to consider it my worst kindle purchase.

This book is the most detailed reference on nutrition and metabolism I have yet seen. Every nutrient is covered - dietary sources, how it works. I will update this again after I have spent more time with it. Add an entry for "muscle weakness" to the index. This should generate the following xref: hypothyroidism (534), iron deficiency anemia (497), copper deficiency anemia (516), erythropoietin insufficiency, hypophosphatemia (443), hypokalemia (467), sarcopenia (238), choline

deficiency (219), B12 def (356), B6 def (364), folate def (351), D def (397). The section on choline (pg 219) is missing some deficiency symptoms: muscle pain, muscle weakness, painful urination.. In the section on sarcopenia (pg 238), mention choline deficiency as a possible cause.. I would like to see a section added that talks about malabsorption and the elderly. What nutrients are most commonly impacted (zinc, copper, EFA, choline). How can a person work around the malabsorption problem. Reabsorption failure in the urine collection tubes of the kidneys. What causes these problems.. The section on magnesium deficiency (pg 447) should mention that hypomagnesemia is a leading cause of death for people over 85. Approximately 5% of people in this group die of this cause every year.. Add an entry for "peripheral neuropathy" to the index

One of the best if not the best book on nutrition that you can find. I still have the 3rd edition that is far better than other books on the subject. It is concise and to the point. This is a very good book for understanding the complexities of micro nutrients, the interactions between the various micro nutrients and what they do in the human body. I agree that there is a need for a basic understanding of biology and chemistry. That does not detract from the ability of a person to understand the hows and the whys of nutrition. This book should be required reading for anyone in the medical field.

It is a pretty comprehensive nutrition book with all the basic essentials that you need to get a good grasp on the more biochemical aspects of how nutrients interact with the body. If you haven't had a basic biochemistry class, some of this is might be a little over your head. I would recommend this for undergrad nutrition classes and graduate students who are looking for a quick reference guide.

I needed this book for a college class. Saved money by purchasing on and getting the kindle book for only \$9 more is awesome. The kindle version works much better than cafe scribe or brightwave.

Very very tough to get to. I was a Nutrition minor but didn't have too much of the science background. Organic Chemistry, Biochemistry, and a lot of background in Biology is a MUST when reading this book or taking a class using this book. This book was used for an Advanced Nutrition class at my school, definitely the hardest class I had to take for my nutrition minor. I struggled a lot though the class and this book was very hard to get through for me because it is VERY scientific. That being said, it is very informative and accurate. Definitely a great resource.

This is a great book for a more advanced study section however it is very thorough. It will be used

for some time to come. Something I can come back to and reference in more detail as my studies continue.

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