



The  
Nutrition  
Society



# New Textbook

## *Nutrition and Metabolism, 3rd Edition*

Published earlier this year and now in its third edition, *Nutrition and Metabolism* has been updated throughout to present readers with the core principles of nutrition in the context of a systems and health approach. This latest edition is a comprehensive resource on all aspects of nutrition and metabolism; covering vitamin and mineral deficiencies, diseases, immunity, brain and bone health, and more.

Written by a team of internationally renowned experts, the text includes information on:

- Body composition, energy metabolism, proteins, amino acids, carbohydrates, lipids, vitamins, minerals, trace elements, food intake and food composition
- Energy, macronutrients, pregnancy and lactation, growth and ageing, brain nutrition, sensory systems and food palatability, the gastrointestinal system and the cardiovascular system
- Societal food choices, over- and undernutrition, eating disorders, dieting, foetal programming, cancer, osteoporosis and diabetes
- How nutrition affects the liver, pancreas, kidney, lungs, heart and blood vessels, and how nutrition relates to the development of traumatic, infectious and malignant diseases.

*Nutrition and Metabolism* is an essential resource for students and practitioners of nutrition and dietetics, as well as students majoring in other subjects that have a nutrition component.

### The Nutrition Society Textbook Series

The Nutrition Society publishes a series of six textbooks that cover the full spectrum of nutritional science. The Series is fully peer-reviewed with a total of over 250 authors from more than 20 countries involved in writing the 130 chapters across the series. The titles include:

- *Nutrition and Metabolism* 3rd edition
- *Introduction to Human Nutrition* 3rd edition
- *Public Health Nutrition* 2nd edition
- *Nutrition Research Methodologies* 1st edition
- *Sport and Exercise Nutrition* 1st edition
- *Clinical Nutrition* 2nd edition
- **COMING SOON:** *Animal Nutrition* 1st edition.

All textbooks are available in print and as ebooks, and are accompanied by a companion website with multiple choice, short answer and essay style questions allowing students to test their knowledge as they learn.

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