Nutrition: Maintaining and Improving Health

Essential reading for all nutrition and dietetics students, including those studying nutrition modules as part of food science, catering or health care courses.

The fourth edition continues to offer wide-ranging coverage of all aspects of nutrition, including: nutritional assessment; epidemiological and experimental methods used in nutrition research; social aspects of nutrition; the science of food as a source of energy and essential nutrients; variation in nutritional needs and priorities at different stages of the life-cycle; hospital malnutrition; and the use of dietary supplements and functional foods.

Completely updated, this accessible textbook offers a comprehensive guide to the roles of diet in causing, preventing and even treating chronic disease and maintaining good health. The importance of improving health is a guiding principle throughout the book and is underpinned by health promotion theory.