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Human Nutrition (Cambridge Social Biology Topics) Ann Walker
First published in 1990, this book provides a broad coverage of the subject of human nutrition. Starting with a discussion of the basic chemistry or the major food substances it goes on to deal with the digestion, absorption and metabolism of food and with the normal and abnormal functioning of the major organs involved in metabolism. The concept of a balanced diet is discussed in detail and the special dietary requirements of various human groups are considered together with the problems of over- and under-nutrition. The final chapter covers the ways in which we deal with food from production to consumption.

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