

Nutritional Biochemistry, Second Edition



Synopsis

Nutritional Biochemistry takes a scientific approach to nutrition. It covers not just "whats"--nutritional requirements--but why they are required for human health, by describing their function at the cellular and molecular level. Each case study either leads to a subsequent discovery or enables an understanding of the physiological mechanisms of action of various nutrition-related processes. The text is "picture-oriented" and the commentary is directed towards explaining graphs, figures, and tables. Nutritional Biochemistry includes a discussion of relevant aspects of physiology, food chemistry, toxicology, pediatrics, and public health. Experimental techniques for nutritional science are emphasized, and primary data is included to help give students a feel for the nutrition literature. This "real-world" approach provides students with a realistic view of the basis for much of our understanding of nutritional biochemistry. * Integrates biochemistry and nutrition in a case-oriented method* Emphasizes a hands-on approach to learning - case histories and clinical and research data illustrate all major points* Places emphasis on metabolism - metabolic pathways, enzymology, nutrient requirements (including RDA values)* Reveals the benefits of the Mediterranean diet, the biochemistry of exercise, the cell signaling pathways, how nutrition can influence the development of cancer, and the anthropometry and genetics of obesity.

Book Information

Hardcover: 1006 pages

Publisher: Academic Press; 2 edition (November 30, 1998)

Language: English

ISBN-10: 0121348369

ISBN-13: 978-0121348366

Product Dimensions: 7 x 2.1 x 10 inches

Shipping Weight: 4.4 pounds (View shipping rates and policies)

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Customer Reviews

Book conveys broad base of information. Would be perfect study tool for a preliminary examine for Ph.D. program or as a desk reference. In conjunction with Metabolism at a Glance, the information

gained is well worth the money.

While this book on nutritional biochemistry was adequate when it came out in 1999, much has changed in seven years. Without an update of the way daily allowances are now determined, new findings in the area of molecular biology, etc. the potential buyer may be rewarded by waiting for the next edition. It is interesting to note that most of the reviews came from the author.

I love this book! I'm trying to teach myself, and this book manages to make the information so interesting that it's easier to remember. Sometimes I can't wait to get to the next chapter. I especially like the way the author has managed to present core concepts in a simplified version before expanding on them. It's a lot easier to understand the complexities after you have a vision of the overall concept inscribed in your brain. I also like the way the author has alternated discussion of the basic facts with discussion of methods and experimental results. It breaks up the monotony of fact after fact. And the exhaustive references appear to be up to date considering the date of publication. My only criticism is that the book deserved better copy editing and/or proofreading. There are sometimes unnecessary repetitions and typographical errors. However, these small faults don't detract significantly from the overall merit of the book.

The following is from a review of the first edition of Nutritional Biochemistry, published in American Journal of Clinical Nutrition (1995). The review was written by Prof. R. Rucker, of U.C. Davis. "There are relatively few nutrition texts that focus on physiological chemistry, metabolism, and biochemistry at the intermediate to advanced levels. This book admirably fills this void . . . Brody has thoughtfully approached the writing of the text so that information is developed clearly yet never oversimplified or rendered superficial . . . an excellent description of the digestion of food components . . . an excellent job is done of noting how basic information is assembled to form more complex concepts . . . there is an excellent section on calculating respiratory quotients. . . . A virtue that is lost in some texts, but not in this one, is that the author does not engage in speculation when there is not sufficient supporting documentation . . . an excellent book." Am. J. Clin. Nutr. (1995) 61, 1175.

The following review, which appeared in the July 2000 issue of Journal of the American Dietetic Association, was written by Prof. Edith Lerner of Case Western Reserve University. Only part of the review is quoted: "The new edition of this textbook . . . includes added discussions of some current topics of interest, such as unsaturated fatty acids (trans versus cis) in the cardiovascular section

and neural tube defects in the folate section. The book effectively integrates aspects of metabolism, nutrition, and interorgan physiology for advanced undergraduate students in dietetics, nutrition, or biological sciences. . . the chapters on energy metabolism and requirements are particularly comprehensive and provide key concepts in an integrative manner. . . an additional discussion of methodology appears in the 3-part appendix: animal experiments (eg, pair-feeding), molecular biology techniques (eg, cloning), and epidemiology studies that include a copy of Block's food frequency questionnaire, which has been used to determine human cancer risk. These are helpful discussions to provide background necessary for understanding nutrition research articles. . . many of the chapters include graphs, tables, and diagrams of original research results. . .this book is well-written and provides a good foundation for the advanced undergraduate." (quoted from the July 2000 review by Prof. Edith Lerner)

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