



# Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism, Second Edition

By Carolyn D. Berdanier, Lynnette A. Berdanier

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Expanded and updated, the new edition of **Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism** continues in the tradition of its predecessor, serving as an essential textbook for advanced undergraduate and first-year graduate students studying human nutrition.

The book incorporates fundamental concepts in nutrition science *while also acknowledging the contributions made by other sciences such as biochemistry, genetics, and physiology* in order to help us understand why specific nutrients are required. It provides comprehensive coverage of both macro and micronutrients, emphasizing each nutrient's description, absorption, use, and excretion.

Highlights of the **Second Edition** include

- Chapters addressing exercise, obesity, starvation, and trauma
- Updates with respect to nutrigenomics and nutrient-gene interactions within specific topics
- Expansion of the aging effects with regard to life cycle and nutrient-specific chapters
- Nutrition requirement comparisons among different species and animal models for human diseases
- The chemistry and physiology of each essential nutrient and its integration in the body
- Chapter summaries, case studies, problem-solving activities, and critical thinking questions
- Web addresses and expansion and updating of the reference lists at the end of each chapter

Ancillary material designed to enhance the teaching experience is provided for instructors on PowerPoint® slides.

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### **Editorial Review**

#### About the Author

Carolyn D. Berdanier is a professor emerita of nutrition at the University of Georgia in Athens, Georgia. She earned her BS from Pennsylvania State University, University Park, Pennsylvania, and MS and PhD from Rutgers University, Piscataway, New Jersey. She served as department head of Foods and Nutrition at the University of Georgia for 11 years before stepping down from this position to resume full-time research and teaching with a special interest in diabetes. Her research has been funded by a variety of funding agencies.

Lynnette A. Berdanier is a lecturer in the Department of Biology at the University of North Georgia, Gainesville, Georgia. She teaches biology as well as anatomy, physiology, and medical microbiology. She earned her BS from the University of Nebraska, Kearney, Nebraska, and MS in physiology at the University of Georgia, Athens, Georgia. She served as a lecturer at Athens Technical College and at North Georgia College in Dahlonega prior to moving to her current position at the University of North Georgia in Gainesville, Georgia.

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