

NEW EDITION

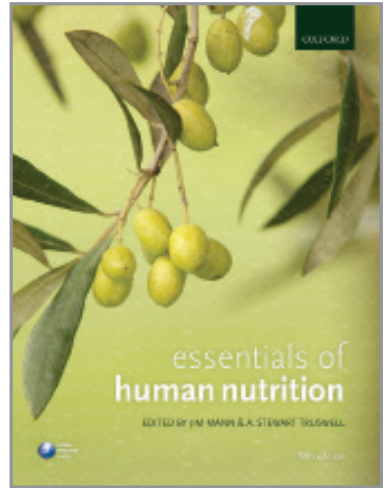
## ESSENTIALS OF HUMAN NUTRITION

*Fifth edition*

The most comprehensive and student-friendly introduction to the subject, built on carefully edited contributions from an international team of experts.

April 2017

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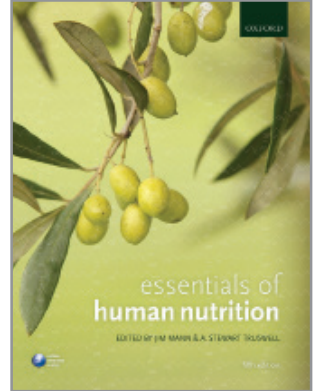
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Edited by **Jim Mann**, University of Otago, New Zealand, and **A. Stewart Truswell**, University of Sydney, Australia

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### New to this edition

- Coverage of new topics, including: evidence-based nutrition, food fortification, and dietary patterns
- Brand new chapters on implementing dietary recommendations, dietary patterns, food systems, and food in hospitals
- Chapters on water, electrolytes, and acid-base balance; genes, nutrition, and disease risk; food toxicity and safety; nutritional crises; nutrition and cancer; feeding infants and toddlers; food habits; and nutritional recommendations for the general population have all been completely re-written by new authors
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