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Human Nutrition: A Health Perspective: 9780340810255 ...

Human Nutrition: A Health Perspective introduces the reader to both the principles of nutrition and its application to health. Written in a reader friendly style, the book introduces the fundamental concepts of nutrition, focusing on life-cycle nutrition and the importance of nutrition in chronic disease.

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HUMAN NUTRITION A health perspective second Edition Mary E. Barasi BA, BSc, MSc, R. Nutr. Principal Lecturer in Nutrition, University of Wales Institute, Cardiff, UK Illustrations by Megan Morris Hodder Arnold A MEMBER OF THE HODDER HEADLINE GROUP LONDON

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Nutrition exerts a life-long impact on human health, and the interaction between nutrition and health has been known for centuries. The recent literature has suggested that nutrition could differently influence the health of male and female individuals. Until the last decade of the 20th century, research on women

Nutrition and human health from a sex-gender perspective.

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