



# Nutritional Biochemistry

By Tom Brody

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## Nutritional Biochemistry By Tom Brody

**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

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## Nutritional Biochemistry By Tom Brody Bibliography

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## **Editorial Review**

From the Back Cover

**Nutritional Biochemistry** is intended for students of nutrition and related biological sciences, as well as premedical, nursing, and animal science students. This exciting and unique book allows students to receive a hands-on perspective of the field. 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 directed toward explaining graphs, figures, and tables. This "real-world" approach allows students to come away with a realistically informed view of the basis for much of our understanding of nutritional biochemistry.

Key Features

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- \* 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.

About the Author

Tom Brody, University of California, Berkeley, California, U.S.A.

## **Users Review**

**From reader reviews:**

**Donna Miller:**

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