

Understanding Nutrition (Paperback)

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Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

UNDERSTANDING NUTRITION (PAPERBACK)



Wordzworth Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Understanding Nutrition is a short but comprehensive guide to how the body breaks down, digests and uses the foods we eat. We explore the building blocks of Carbohydrates, Proteins and Fats, along with the roles of vitamins and minerals. Furthermore, we look at how our body uses these nutrients for fuel, energy and repair, along with the problem of eating too much of the wrong fuel, which effects our bodies, causing disease and dysfunction. Understanding Nutrition is a brief introduction to the building blocks of our food, which includes: simple and complex carbohydrates, protein and amino acids, omega fats, cholesterol, trans fats and rancid fats, along with superfoods, probiotics and gut bacteria. In addition, this book also helps the reader to gain a basic understanding of diabetes and arterial disease without the use of complicated language. A great introduction to health and nutrition and Ideal for anyone interested in learning about the basic components of food, health and disease, along with the newer topics of gut bacteria and probiotics. Understanding Nutrition is aimed for those who are wishing to learn the foundations of nutrition for their own personal interest, to brush up on their basic knowledge, or for those who are looking to take further study in the future.

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