



Nutrition: Science and Applications

By Lori A. Smolin, Mary B. Grosvenor

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Ice cream or sorbet, red meat or fish, fruits or pastries, eggs or oatmeal—our lives are filled with choices about what we eat. That's why Lori Smolin and Mary Grosvenor's **Nutrition: Science and Applications, 4/E** helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day.

Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers new and expanded coverage of such cutting-edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements.

Student Study Guide

Designed to be used alongside Nutrition, 4E this author created study guide provides students with a wealth of material to help ensure that they are successful in the course. Included are chapter outlines, multiple-choice questions, short-answer review questions, and a variety of learning activities.

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Editorial Review

From the Back Cover

THE CHOICE IS YOURS

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To enhance your experience learning about nutrition, be sure to visit the book companion website at www.wiley.com/college/smolin

About the Author

Lori A. Smolin, Ph.D. received her B.S. degree from Cornell University, where she studied human nutrition and food science. She received her doctorate from the University of Wisconsin at Madison. Her doctoral research focused on B Vitamins, homocysteine accumulation, and genetic defects in homocysteine metabolism. She completed postdoctoral training both at the Harbor-UCLA Medical Center, where she studied human obesity, and at the University of California at San Diego, where she studied genetic defects in amino acid metabolism. She has published in these areas in peer-reviewed journals. Dr. Smolin is currently at the University of Connecticut, where she teaches both in the Department of Nutritional Sciences and in the Department of Molecular and Cell Biology. Courses she has taught include introductory nutrition, lifecycle nutrition, food preparation, nutritional biochemistry, general biochemistry, and biology. Dr. Smolin spent the 2001/2002 academic year in England where she was able to experience the food and nutrition culture on the other side of the Atlantic.

Mary B. Grosvenor, MS., R.D. received her B.A. degree in English from Georgetown University and her M.S. in Nutrition Science from the University of California at Davis. She is a registered dietitian who worked for many years managing nutrition research studies at the General Clinical Research Center at Harbor-UCLA Medical Center. She has published in peer-reviewed journals in the areas of nutrition and cancer and methods of assessing dietary intake. She has taught introductory nutrition at the community college level and currently lives with her family in a small town in Colorado. She is continuing her teaching and writing career and is still involved in nutrition research via the electronic superhighway.

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