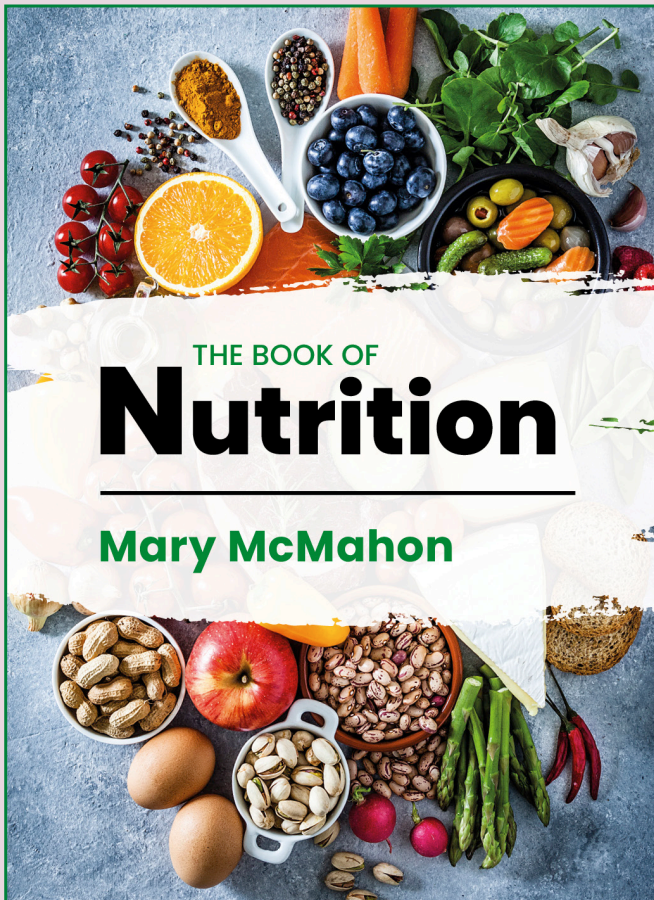


# THE BOOK OF NUTRITION

MARY McMAHON

TUTOR  
PPT SLIDES  
AVAILABLE  
ON ADOPTION  
OF TEXT.



## WRITTEN FOR:

L5 NUTRITION 5N2006, AS PART OF:

- \* NURSING STUDIES, COMMUNITY CARE AND ALL HEALTHCARE COURSES
- \* BEAUTY THERAPY COURSES
- \* ALL SPORT COURSES
- \* FOOD SCIENCE AND HOSPITALITY COURSES
- \* LABORATORY TECHNIQUES

TITLE: **THE BOOK OF NUTRITION**

AUTHOR: **MARY McMAHON**

PUB DATE: **MARCH 5TH, 2020**

PAGES: **224**

ISBN: **978-1-916019-97-3**

PRICE: **€23.99**

ORDERS: **LOCAL BOOKSHOP  
OR DIRECT TO  
INFO@BORUPRESS.IE**

**KEYWORDS, REVISION QUESTIONS,  
CASE STUDIES AND MORE.**

**A definitive and comprehensive presentation of the fundamental principles of nutrition science, with up-to-date analysis on current research regarding the impact of diet on health outcomes.**

- \* Explores the function, nutritional value and metabolism of all food types.
- \* Clearly explains basal metabolic rate (BMR) and reference nutrient intake (RNI)
- \* Details the digestion, absorption and assimilation of nutrients in the body.
- \* Discusses the specific nutritional needs across the lifespan.
- \* Introduces the new Children's Food Pyramid.
- \* Interprets nutrition labels and specifies food product labelling in accordance with EU regulations.
- \* Introduces the main categories of food additives and their respective impact on health.
- \* Clearly describes the process of food testing.
- \* Discusses the role and impact of diet on common diseases and how diet can be effective in disease prevention.
- \* Explores the role and effect of diet in the treatment of certain disease.
- \* Discusses the causes, symptoms and effects of various eating disorders.
- \* Explores the strategy of glycogen loading.

# TABLE OF CONTENTS

## INTRODUCTION

### 1 FUNCTIONS OF FOOD

Macronutrients and micronutrients; Nutrients: Sources and functions; Revision questions

### 2 ENERGY AND FOOD

Kilocalories and kilojoules; Energy values of food; Basal metabolic rate (BMR); Reference nutrient intake (RNI); Revision questions

### 3 THE DIGESTIVE SYSTEM

Stages in human nutrition; Digestion; Functions of the organs in the digestive system; Revision questions

### 4 CARBOHYDRATES

Classification of carbohydrates; Digestible and poorly digestible carbohydrates; Fibre; Effects of a high-starch/high-sugar diet; Effects of a low-carbohydrate diet; Revision questions

### 5 LIPID (FAT)

Sources of lipid in the diet; Saturated and unsaturated fats; Effects of excess unsaturated fat; Effects of low-fat intake; Revision questions

### 6 PROTEIN

Functions of protein; Composition of protein; Sources of protein; Comparing plant and animal protein; Revision questions

### 7 VITAMINS AND MINERALS

Vitamins; Macrominerals and trace minerals; Factors that affect vitamin and mineral absorption; Preserving the vitamin and mineral content of food; People at risk of vitamin and mineral deficiency; Measuring nutritional status; Revision questions

### 8 FOOD ADDITIVES

Artificial and natural food additives; Categories of food additives; E numbers; Impact of food additives on health; Revision questions

### 9 FOOD LABELLING

EU food labelling regulations for prepacked food; Labelling of non-prepacked foods; Revision questions

### 10 NUTRITION THROUGHOUT THE LIFE CYCLE

A balanced diet; The food pyramid; Food pyramid for children aged 1 to 4 years; Healthy eating guidelines; Nutritional needs through the life cycle; Factors that influence eating habits and food intake; Revision questions

### 11 DIET AND DISEASE

Coronary heart disease (CHD); High blood pressure (hypertension); Osteoporosis; Diabetes; Dental health; Coeliac disease; Cancer; Cystic fibrosis; Lactose intolerance; Revision questions

### 12 ANOREXIA, BULIMIA AND OBESITY

Anorexia nervosa; Bulimia nervosa; Obesity; Revision questions

### 13 DEHYDRATION

Importance of fluid intake; Dietary sources of water; Causes of dehydration; Effects of dehydration; Revision questions

### 14 NUTRITION FOR ENDURANCE ATHLETES

What is glycogen loading?; Sample glycogen loading programme; Limitations of glycogen loading; Key points for glycogen loading; Revision questions

## REFERENCES

## GLOSSARY

## INDEX

### THE AUTHOR:

Mary McMahon teaches Nutrition at Greenhills Further Education College in Dublin. She has taught Nutrition for over 20 years and is passionate about the ability of nutrition to optimise and transform both health and wellbeing.