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## Nutrition: Your Life Science

*By Jennifer Turley, Joan Thompson*



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## **Editorial Review**

### **Review**

Module 1: NUTRITION BASICS. Nutrition basics and terminology. Carbohydrates. Proteins. Lipids/Fats. Vitamins, minerals, and water. Summary. Module 2: TOOLS TO PLAN, MANAGE, AND EVALUATE DIETS FOR OPTIMAL HEALTH. Food Labels. Dietary Reference Intakes. The MyPyramid Food Guidance System. Dietary Guidelines and Recommendations. Food Composition Information and the Exchange List System. Summary. Module 3: NUTRITION IN CHRONIC DISEASE. The Gastrointestinal System. Proteins: From Foods to Cells in the Body. Photosynthesis and Fiber. Carbohydrate Storage and Disorders. Lipids in Heart Disease and Cancer. Summary. Module 4: THE SCIENCE OF NUTRITION IN ENERGY BALANCE, BODY COMPOSITION, WEIGHT CONTROL AND FITNESS. Scientific Inquiry Tied To Genetics, Evolution, And Obesity. Energy Balance. Body Composition and Weight Control. Principles of Fitness For Health. The Fundamentals of Exercise Nutrition. Summary. Module 5: THE VITAMINS AND MINERALS. Fat-Soluble Vitamins. Water-Soluble Vitamins. Water and The Electrolytes. Major Minerals in Bone and Protein. Trace Minerals. Summary. Module 6: NUTRITION INFORMATION AND THE FOOD INDUSTRY. Nutrition Information Credibility (Fact versus Fallacy). Food, Drugs, and Supplements. Food Additives. Food Safety: Microbial Growth. Food Safety: Consumer Awareness. Summary. Module 7: NUTRITION THROUGH THE LIFESPAN. Reproductive Fitness and Prenatal Nutrition. Nutrition during Infancy and for Lactation. Childhood Nutrition. Adolescent Nutrition. Nutrition for the Older Adult. Summary.

### **About the Author**

Dr. Turley is Brady Distinguished Professor of nutrition and the online nutrition program director at Weber State University. She is also currently head of the Department of Health and Human Performance. She received her Ph.D. degree in nutritional science from the University of Texas at Austin and held a 4-year post-doctoral research fellowship at the National Cancer Institute in Frederick, Maryland. She has been actively involved in teaching, scholarship, and service at WSU for nearly 10 years. Dr. Turley's nutrition specialty areas are cancer and immunity. Her laboratory experiences centered on investigating vitamin E as an anti-cancer agent in human cancer cells and determining novel mechanisms of action for this essential nutrient. She is personally and professionally interested in nutrition and immunity, especially as it relates to food allergies and intolerances, as well as food system sustainability and the personal and environmental benefits of organic foods.

Dr. Thompson is Professor of Nutrition and the Director of the Nutrition Program at Weber State University, where she has been for 27 years. Because the Department of Nutrition is housed in the School of Health and Human Performance, Dr. Thompson has had the opportunity to reach out to young adults and share sound strategies for promoting lifelong good health. Many experiences that Dr. Thompson had during her undergraduate education at the University of California, Berkeley motivated her to pursue career opportunities in the clinical dietetics area. After completing a master's degree and a doctorate degree from the University of Arizona, and doing clinical nutrition research, she was convinced that preventive medicine and lifestyle management are among the keys to life-long health and happiness.

## **Users Review**

### **From reader reviews:**

**John Glass:**

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