*Suggested Reading: Books*

Introduction to Human Nutrition (3rd Edition)

The Nutrition Society offers worldwide membership, with most members coming from the UK and Europe. They offer a series of updated textbooks for nutrition students. Their series of 6 books look at various aspects of nutrition in detail. The most suitable from the series for this course and any further education you seek in this area is Introduction to Human Nutrition (3rd Edition).The book is published by Wiley and available on Amazon among other sellers. Details of the book and its editors can be found at <https://www.nutritionsociety.org/publications/introduction-human-nutrition>.

Human Nutrition - 2020 Edition

This textbook serves as an introduction to nutrition for undergraduate students and is the textbook for The Science of Human Nutrition course at the University of Hawai'i at Mānoa. The book covers basic concepts in human nutrition, key information about essential nutrients, basic nutritional assessment, and nutrition across the lifespan. ISBN 13: 9781948027014. Table of contents available at https://open.umn.edu/opentextbooks/textbooks/622

Food & Nutrition: What Everyone Needs to Know

In Food & Nutrition, Harvard- and Columbia-trained nutrition scientist Dr. P.K. Newby examines 134 stand-alone questions addressing "need to know" topics, including how what we eat affects our health and environment, from farm to fork, and why, when it comes to diet, the whole is greater than the sum of its parts-and one size doesn't fit all. At the same time, Newby debunks popular myths and food folklore, encouraging readers to "learn, unlearn, and relearn" the fundamentals of nutrition at the heart of a health-giving diet. Published September 5th 2018 by Oxford University Press, USA preview available at <https://www.amazon.co.uk/Food-Nutrition-Everyone-Needs-Know%C2%AE/dp/0190846631>

Nutrition: A Beginner's Guide

Separating fact from fiction, award-winning health journalist and nutritionist Dr Sarah Brewer combines the latest science with practical advice on what really matters to explain exactly how food influences our health and well-being. Preview available at <https://www.amazon.co.uk/Nutrition-Beginners-Guide-Guides/dp/1851689249>

The Science of Nutrition 5th Edition

*The Science of Nutrition*helps students master tough nutrition concepts while providing rich support to save instructors time. This best-selling, thoroughly current, research-based nutrition text is uniquely organized around the highly regarded functional approach, which organizes vitamins and minerals based on their functions within the body and is easily seen in the organization of the micronutrient (vitamin and mineral) chapters. More information available at https://www.pearson.com/store/p/the-science-of-nutrition/P100001133766/9780134898674

ISBN 13:  9780134898674