



# **Nutrition, 2Ed: A Health Promotion Approach (Hodder Arnold Publication)**

*Geoffrey Webb*

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# Nutrition, 2Ed: A Health Promotion Approach (Hodder Arnold Publication)

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## **Nutrition, 2Ed: A Health Promotion Approach (Hodder Arnold Publication)** Geoffrey Webb

This is the second edition of this highly regarded introductory textbook, covering all aspects of nutrition including nutritional epidemiology, social aspects of nutrition, and the microbiological safety of food as well as the more traditional aspects of food as a source of energy and essential nutrients. Its focus is on nutrition in industrialised countries, where nutritional deficiencies are less of an issue than the role of diet in causing and preventing chronic disease and maintaining good health throughout the life cycle. The importance of health promotion is consequently a guiding principle throughout the book, backed up by a new section on health promotion theory.

This is the book of choice for first year nutrition students, dieticians undertaking the nutrition components of their course, and students undertaking nutrition modules as part of broader scientific or professional course.

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