



# Nutrition: A Lifespan Approach

*By Simon Langley-Evans*

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## **Nutrition: A Lifespan Approach** By Simon Langley-Evans

Traditionally, nutrition textbooks have divided human nutrition into basic science, public health and clinical nutrition, however in this exciting new textbook, Professor Simon Langley-Evans spans these divisions, bringing together the full range of disciplines into one accessible book through the lifespan approach.

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## **Nutrition: A Lifespan Approach** By Simon Langley-Evans Bibliography

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### Editorial Review

#### Review

“Overall, *Nutrition: a Lifespan Approach* is a useful resource, particularly to undergraduate and postgraduate students studying a degree in dietetics/nutritional sciences or those undergoing courses in public health or clinical nutrition. It provides the reader with a good balance of knowledge in areas such as obesity and different disease states such as diabetes, cardiovascular disease and various cancers. This book is very ‘reader friendly’, with summary boxes at the end of each chapter and self-assessment questions on the content of each chapter. It also provides the reader with more advanced nutritional knowledge in the ‘highlight’ boxes, which give a greater insight into that particular topic. This textbook is ‘a must’ for students wishing to practice nutrition either in a health promotion or clinical setting.” (*Nutrition Bulletin*, March 2010)

#### From the Back Cover

Traditionally, nutrition textbooks have divided human nutrition into basic science, public health and clinical nutrition, however in this exciting new textbook, Professor Simon Langley-Evans spans these divisions, bringing together the full range of disciplines into one accessible book through the lifespan approach.

Taking the reader through how the body’s demand for nutrients continues to change across the many stages of life, such an approach allows full consideration of how diet relates to health, wellbeing and disease and provides an excellent vehicle to illustrate the key concepts in nutrition science. Carefully structured with the student’s needs in mind, each chapter includes:

- Learning objectives
- Research highlights, clearly displayed in boxes
- Suggested further reading
- Summary boxes
- Brief self-assessment tests
- Additional resources are published on the book’s website: [www.wiley.com/go/langleyevans](http://www.wiley.com/go/langleyevans)

*Nutrition: A Lifespan Approach* will provide the undergraduate student of nutrition with an excellent learning resource. The book will also be a valuable tool for those studying areas such as human biology, health studies and sports science, where an understanding of human nutrition is required. Professionals working in nutrition, dietetics and related health sciences will also find much of value within this book. Libraries in all universities and research establishments where nutrition, dietetics, health and medical sciences are studied and taught should have copies of this book available on their shelves.

#### About the Author

Professor Simon Langley Evans is Chair in Human Nutrition in the School of Biosciences at the University of Nottingham, UK. His specialist research interests are focused upon nutrition in pregnancy and the impact of sub-optimal nutrition upon fetal development and long-term risk of disease. Professor Langley-Evans is actively involved in the teaching of nutrition at undergraduate and postgraduate level. He is the author of over 100 research articles and is regularly invited to speak about his research at international conferences.

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#### Ruth McGrath:

Now a day folks who Living in the era just where everything reachable by talk with the internet and the

resources included can be true or not need people to be aware of each data they get. How individuals to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Reading a book can help folks out of this uncertainty Information specifically this Nutrition: A Lifespan Approach book since this book offers you rich facts and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it everybody knows.

**Oren Nelson:**

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Nutrition: A Lifespan Approach can be fine book to read. May be it might be best activity to you.

**Paula Shepard:**

Exactly why? Because this Nutrition: A Lifespan Approach is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to postpone having that book? If I have been you I will go to the publication store hurriedly.

**Jon Fuselier:**

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