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EDUCATIONAL RESEARCH - Pearson  
UNDERSTANDING NORMAL AND CLINICAL NUTRITION, Tenth  
Edition, provides the most current and comprehensive coverage of the  
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The early chapters focus on "normal" nutrition, including digestion and  
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The text includes updated protein recommendations for  
athletes and a table of food sources, a discussion of dietary  
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Understanding Nutrition 10th Edition

Understanding Nutrition (tenth edition) is a useful book if you're  
looking for a very general, step-by-step overview of the  
fundamentals of nutrition. The majority of the tables, figures etc. are  
the same as the ones found in the newer edition, simply in an older  
format, although there have been a couple new figures added to the

newer edition and the chapter on the food pyramid was revised  
completely.

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RDA, 10th Edition - Chapter 3 . Jequier E, Acheson K, Schutz Y:  
Assessment of energy expenditure and fuel utilization in man. Ann  
Rev Nutr 1987; 7: 187-208. Proteins and Amino Acids : Food  
Science, Nutrition and Health, Fox & Cameron - Chapter 9.  
FAO/WHO Technical Report #724 - Chapters 5 and 6. RDA 10th  
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