



Nutrition: A Lifespan Approach

By Simon Langley-Evans



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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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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

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.

Users Review

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Helen Woodyard:

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Raymond Dixon:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the publication untitled Nutrition: A Lifespan Approach can be excellent book to read. May be it may be best activity to you.

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