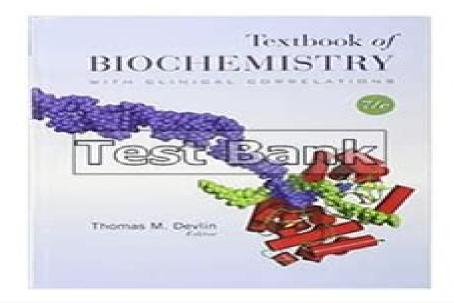
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30 years I have been teaching lipid biochemistry to inedical students graduate students and undergraduate students The major topics covered in my courses were fatty acids prostaglandins leukotrienes phospholipids glyco lipids triacylglycerols cholesterol bile acids and plasma lipoproteins Empha sis was placed on the regulation and disorders of lipid metabolism The latter included hyperlipidemias atherosclerosis and alcohol induced liver damage In this volume I have chosen to focus on the disorders of lipid metabolism at a level appropriate both for medical students and for graduate and undergradu ate students majoring in the biological sciences The biochemistry nutrition genetics and cell biology aspects of lipids and lipid metabolism will be covered as they relate to lipid disorders I am not aware of any textbook that integrates the disorders of lipid metabolism in this manner Chapter 1 includes a brief discussion of the basic structures properties and metabolism of lipids This chapter is not very detailed since the material covered is available in basic textbooks on biochemistry. The major fpcus of this volume is the various lipid disorders with emphasis on polyunsaturated fatty acids the molecular biology and pathogenesis of the hyperlipidemias dietary and drug therapy for the hyperlipidemias and alcohol induced liver damage The material presented has been obtained from several textbooks on biochemistry and from a variety of recent articles in the scientific literature Nutrition Essentials: Practical Applications Dr. Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-09-29 Perfect for the introductory non majors course Nutrition Essentials Practical Applications equips students with the knowledge and know how to navigate the wealth of health and nutritional information an misinformation available to them and determine how to incorporate it into their everyday lives Throughout the text this acclaimed author team delivers current science based information in a format accessible to all students while urging them to take responsibility for their nutrition health and overall well being With a wealth of teaching and learning tools incorporated throughout the text Nutrition Essentials empowers readers to monitor understand and affect their own nutritional behaviors Every new copy print copy of Nutrition Essentials includes 365 day Navigate Advantage access Up to date content reflects the Dietary Guidelines for Americans 2020 2025 Think About It questions at the beginning of each chapter present realistic nutrition related situations and ask students to consider how they behave under such circumstances Position Statements from distinguished organizations such as the Academy of Nutrition and Dietetics the American College of Sports Medicine and the American Heart Association relate to the chapter topics and bolster the assertion made by the authors by showcasing concurrent opinions held by some of the leading organizations in nutrition and health What Does Food Mean to You boxes are included in every chapter and pose provocative questions such as How can I eat a Mediterranean diet and How much should I worry about vitamins Ask an Expert features interviews with experts in the field A variety of questions are posed related to healthy eating as well as to the profession itself Quick Bites sprinkled throughout the book offer fun facts about nutrition related topics such as exotic foods social customs origins or phrases folk remedies medical history and more FYI For Your Information sections offer more in depth discussions of controversial and timely topics such as unfounded claims about the

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