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Understanding Nutrition by Ellie Whitney (Book Summary) THE BEST NUTRITION BOOKS (MUST-READ!)

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In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

This volume, developed by the Observatory together with OECD, provides an overall conceptual framework for understanding and applying strategies aimed at improving quality of care. Crucially, it summarizes available evidence on different quality strategies and provides recommendations for their implementation. This book is intended to help policy-makers to understand concepts of quality and to support them to evaluate single strategies and combinations of strategies.

Plastics are the most important class of packaging materials. This successful handbook, now in its second edition, covers all important aspects of plastic packaging and the interdisciplinary knowledge needed by food chemists, pharmaceutical chemists, food technologists, materials scientists, process engineers, and product developers alike. This is an indispensable resource in the search for the optimal plastic packaging. Materials characteristics, additives and their effects, mass transport phenomena, quality assurance, and recent regulatory requirements from FDA and European Commission are covered in detail with ample data.

Kitchen, cooking, nutrition, and eating have become omnipresent cultural topics. They stand at the center of design, gastronomy, nutrition science, and agriculture. Artists have appropriated cooking as an aesthetic practice - in turn, cooks are adapting the staging practices that go with an artistic self-image. This development is accompanied by crisis of eating behaviour and a philosophy of cooking as a speculative cultural technique. This volume investigates the dimensions of a new culinary turn, combining for the very first time contributions from the theory and practice of cooking.

Food cannot be only considered a combination of constituents with different nutritional values,

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but its relevance for humans can be fully understood by also taking into account other aspects such as history, culture, ecology, and the environment. Overall, assuming that access to food is secured for all people, traditional dietary patterns are considered safe in terms of longevity, healthy ageing, and morbidity. Indeed, healthy diets have been associated with a reduced risk and incidence of chronic degenerative diseases including cardiovascular disease, type 2 diabetes, metabolic syndrome, certain types of cancers, and neurodegenerative disorders. In general, healthy dietary habits include a low consumption of refined sugars, red meat, and saturated fats, as well as a high intake of fruit, vegetables, legumes, low-fat dairy products, and healthy lipids (from seafood). As an example, the Mediterranean diet can be considered the archetype of a health-promoting lifestyle by virtue of the phytochemical diversity of its food components.

Medieval social/political theory from Christine de Pizan, France's first female professional writer.

We are entering the Anthropocene's back loop, a time of release and collapse, confusion and reorientation, in which not only populations and climates are being upended but also physical and metaphysical grounds. Needed now are forms of experimentation geared toward autonomous modes of living within the back loop's new unsafe operating spaces.

Herpetology has always been one of the most exciting disciplines of zoology. During the past few years the field has continued to grow, yet it has been plagued by scarcity of comprehensive, up-to-date textbooks containing the most important developments. This timely book fills that void. Through skillful synthesis, the author summarizes the diversity in the biology of living amphibians and reptiles and describes the breadth of current herpetological research. Topics covered include the evolution, classification, development, reproduction, population, and environmental issues surrounding the study of amphibians and reptiles. Designed as an advanced undergraduate textbook, Herpetology is a valuable resource for students, practitioners, and interested amateurs alike. Provides an incisive survey and much needed update of the field Emphasizes the biological diversity among amphibians and reptiles Details the most recent research findings, citing ke

(From t.p.) I. An account of the nature, quality and condition of the country and inhabitants -- II. Their political government -- III. Their ecclesiastical affairs -- IV. Their private oeconomy.

Conservation Biology for All provides cutting-edge but basic conservation science to a global readership. A series of authoritative chapters have been written by the top names in conservation biology with the principal aim of disseminating cutting-edge conservation knowledge as widely as possible. Important topics such as balancing conservation and human needs, climate change, conservation planning, designing and analyzing conservation research, ecosystem services, endangered species management, extinctions, fire, habitat loss, and invasive species are covered. Numerous textboxes describing additional relevant material or case studies are also included. The global biodiversity crisis is now unstoppable; what can be saved in the developing world will require an educated constituency in both the developing and developed world. Habitat loss is particularly acute in developing countries, which is of special concern because it tends to be these locations where the greatest species diversity and richest centres of endemism are to be found. Sadly, developing world conservation scientists have found it difficult to access an authoritative textbook, which is particularly ironic since it is these countries where the potential benefits of knowledge application are greatest. There is now an urgent need to educate the next generation of scientists in developing countries, so that they

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are in a better position to protect their natural resources.

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