



## Nutrition: A Very Short Introduction (Very Short Introductions)

By David Bender

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In this *Very Short Introduction*, David Bender explains the basic elements of food, the balance between energy intake and exercise, the problems of over- and under-nutrition, and raises questions on the safety of nutritional supplements.

Looking broadly at what constitutes nutrition, Bender provides insight into a topic of wide interest and importance in today's world. With a look at diet in relation to nutrition, this *Very Short Introduction* provides an overview of the biochemistry of nutrition and the health risks associated with poor nutrition—including obesity and types of food allergies. It provides an essential guide to effectively understand the principles of, and necessary reasons for, a healthy diet.

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