

FUNDAMENTALS OF NUTRITION & HEALTH COURSE – REFERENCES

1. THE DIGESTIVE SYSTEM

- Grant A & Waugh A (2014) *Ross and Wilson Anatomy and Physiology in Health and Illness*. 12th Edition. Churchill Livingstone. Section 3
- Gropper SS & Smith JL (2012) *Advanced Nutrition and Human Metabolism*. 6th edition. Wadsworth Publishing Co Inc. Chapter 2
- Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 3

2. NUTRIENTS

2.1 Macronutrients

- Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 1, 4-6
- Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 1
- Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 10-12

2.2 Micronutrients

2.3 Various Nutrients & Some of Their Primary Food Sources - Overview

2.4 Reference Nutrient Intakes

2.5 Other nutrients of importance

2.6 Non-nutrient constituents

- British Nutrition Foundation (2018) *Nutrient Requirements*. Accessed:
<https://www.nutrition.org.uk/healthyliving/resources/nutritionrequirements.html>
- NHS (2018) *Vitamins and minerals*. Accessed:
<https://www.nhs.uk/conditions/vitamins-and-minerals/>
- Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapters 10-13
- Webb GP (2012) *Nutrition: Maintaining and improving health*. 4th edition. CRC Press. Chapter 13-15

3. ELEMENTS OF A BALANCED DIET

3.1 Balance of good diet

3.2 Other considerations for a healthy diet

- Duyff RL (2012) *American Dietetic Association Complete Food and Nutrition Guide*. 4th revised edition. John Wiley & Sons. Chapter 11 & 15
- NHS (2018) *Eating a balanced diet*. Accessed:
<https://www.nhs.uk/live-well/eat-well/>
- Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapter 2
- Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapters 1 & 2

3.3 Important Debates/ Controversies Surrounding Diet and Health

Modality Partnership NHS (2018) *NHS Website - What are superfoods?* Accessed:

<https://modalitypartnership.nhs.uk/self-help/livewell/topics/superfoods/what-are-superfoods>

Pinna K, Rolfes, SR & Whitney E (2014) *Understanding Normal and Clinical Nutrition*. 10th revised edition. Brooks/Cole. Chapters 3

Rolfes SR & Whitney EN (2012) *Understanding Nutrition*. 13th revised edition. Wadsworth Publishing Co Inc. Chapter 19