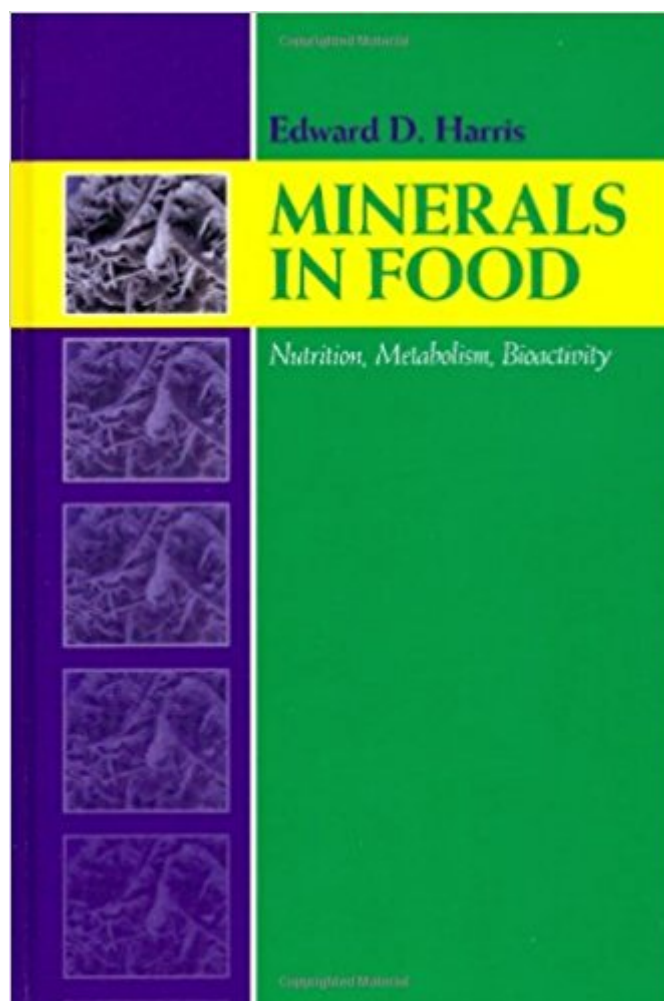


The book was found

Minerals In Foods: Bioactivity, Metabolism, Nutrition



Synopsis

This book presents a technical introduction to all facets of nutritive minerals in foods, including their chemistry, transport, absorption, bioavailability and physiological functions. The book explains the in vivo behavior of minerals at a molecular level and clarifies their unique metabolic roles. It is an important instructional text for students and practitioners of nutrition and food science.

Book Information

Hardcover: 378 pages

Publisher: DEStech Publications, Inc (January 16, 2014)

Language: English

ISBN-10: 1932078975

ISBN-13: 978-1932078978

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,526,099 in Books (See Top 100 in Books) #93 in [Books > Medical Books > Basic Sciences > Bacteriology](#) #649 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#) #2679 in [Books > Science & Math > Agricultural Sciences > Food Science](#)

Customer Reviews

DEStech Publications, Inc., Lancaster, Pennsylvania, U.S.A., 2014, ISBN 978-1-932078-97-8, 368 pages This book provides a fundamental study of the functions of food minerals in humans; investigates chemistry, biological effects, and nutrition, while covers macrominerals and microminerals from arsenic and boron through vanadium and zinc. The author, Edward D. Harris, is the professor emeritus of the Department of Nutrition and Food Science, Texas A&M University. The book gives a technical introduction to all major and trace minerals in foods, including their chemistry, transport, absorption, bioavailability, and physiological roles. It explains the in vivo functions of food minerals and demonstrates why and how macrominerals and microminerals are necessary for proper metabolic functioning in humans. Also presented is the etiology of diseases resulting from mineral deficiencies. Important information is revealed on the roles of minerals in the brain, as well as on ways minerals interact with one another in the body. Detailed biochemistry and nutritive information for twenty minerals are provided in separate chapters. This text represents the only comprehensive summary of the science of inorganic elements in foods and their biological

effects, with implications for food scientists, food engineers, and clinical nutritionists. The first seven chapters give an introduction to the minerals, their chemical and biochemical properties, their bioavailability in foods, nutritional approaches to minerals, their intestinal absorption and post-absorption metabolism. A separate chapter is devoted to mineral-mineral interactions (microminerals and macrominerals as well). Chapter 9 treats minerals in the brain, their functions; focussing mainly on Zn, Cu, Fe, and Mn; and also discusses specific diseases with mineral connections. Chapter 10-22 delivers history, chemical, biochemical, nutritional properties, and intestinal absorption of individual mineral groups. Each chapter gives a summary, references, and questions to be answered by the readers, who can easily check their newly acquired knowledge in a very amusing way. At the end of the book one can find the right answers as well. --M.

TÃfâ œTH-MARKUS, *Acta Alimentaria, An International Journal of Food Science*In the past two decades knowledge about the importance and function of minerals in foods, both as structural components and enzymatic cofactors in biological materials, has grown exponentially. In this regard, *Minerals in Foods* by Edward D. Harris presents seminal and basic information important to our current understanding of the metabolic and nutritional relationships influenced by dietary minerals. Although *Minerals in Foods* is primarily a textbook, the reader will find that the book also serves as an excellent desk reference and resource. *Minerals in Foods* fulfills these objectives using a narrative that balances biochemical, nutritional, as well as and clinical information. The initial chapters deal with the chemical properties of minerals including selected aspect of basic quantum theory and fundamentals important to biochemical insights; for example, the natural states of minerals in cells and macromolecules. An excellent summary of basic enzymatic/catalytic functions is provided along with information important to understand the nature of mineral complexes and chelates. Diagrams illustrating given principals are also extensively provided. Once a foundation is laid related to chemical principles, factors important to the bioavailability of minerals in foods are next described, including discussions of basic laboratory and clinical approaches used in assessing the nutritional bioavailability of minerals. Importantly, attention is also given the both the positive and potential negative effects of food processing as it relates to the bioavailability of minerals. A very str
--Robert Rucker, Ph.D, Distinguished Professor Emeritus, Department of Nutrition, University of California, DavisThis book provides a fundamental study of the functions of food minerals in humans; investigates chemistry, biological effects, and nutrition, while covers macrominerals and microminerals from arsenic and boron through vanadium and zinc. The author, Edward D. Harris, is the professor emeritus of the Department of Nutrition and Food Science, Texas A&M University. The book gives a technical introduction to all major and trace minerals in foods, including their

chemistry, transport, absorption, bioavailability, and physiological roles. It explains the in vivo functions of food minerals and demonstrates why and how macrominerals and microminerals are necessary for proper metabolic functioning in humans. Also presented is the etiology of diseases resulting from mineral deficiencies. Important information is revealed on the roles of minerals in the brain, as well as on ways minerals interact with one another in the body. Detailed biochemistry and nutritive information for twenty minerals are provided in separate chapters. This text represents the only comprehensive summary of the science of inorganic elements in foods and their biological effects, with implications for food scientists, food engineers, and clinical nutritionists. The first seven chapters give an introduction to the minerals, their chemical and biochemical properties, their bioavailability in foods, nutritional approaches to minerals, their intestinal absorption and post-absorption metabolism. A separate chapter is devoted to mineral-mineral interactions (microminerals and macrominerals as well). Chapter 9 treats minerals in the brain, their functions; focussing mainly on Zn, Cu, Fe, and Mn; and also discusses specific diseases with mineral connections. Chapter 10-22 delivers history, chemical, biochemical, nutritional properties, and intestinal absorption of individual mineral groups. Each chapter gives a summary, references, and questions to be answered by the readers, who can easily check their newly acquired knowledge in a very amusing way. At the end of the book one can find the right answers as well. --M.

TÄfâ œTH-MARKUS, Acta Alimentaria, An International Journal of Food Science.

Professor Emeritus Dept. of Nutrition and Food Science, Texas A&M University

[Download to continue reading...](#)

High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Minerals in Foods: Bioactivity, Metabolism, Nutrition CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge Äçâ –â œ Whole Foods Diet Äçâ –â œ Whole Foods Cookbook Äçâ –â œ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost

Metabolism and Prevent Diseases Bundle: Advanced Nutrition and Human Metabolism, Loose-Leaf Version, 7th + MindTap Nutrition, 1 term (6 months) Printed Access Card Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight Lake Superior Rocks and Minerals (Rocks & Minerals Identification Guides) Michigan Rocks & Minerals: A Field Guide to the Great Lake State (Rocks & Minerals Identification Guides) Rocks & Minerals of Washington and Oregon: A Field Guide to the Evergreen and Beaver States (Rocks & Minerals Identification Guides) Rocks and Minerals of The World: Geology for Kids - Minerology and Sedimentology (Children's Rocks & Minerals Books) Rocks & Minerals of Wisconsin, Illinois & Iowa: A Field Guide to the Badger, Prairie & Hawkeye States (Rocks & Minerals Identification Guides) Rocks and Minerals: A Guide to Familiar Minerals, Gems, Ores and Rocks (Golden Nature Guide #24499) (A Golden Nature Guide) Rocks and Minerals - A Guide to Minerals, Gems, and Rocks (Golden Nature Guides)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)