

The Science of Nutrition (3rd Edition)

By Janice J. Thompson, Melinda Manore, Linda Vaughan

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The Science of Nutrition, Third Edition is uniquely organized using an applied approach, which organizes vitamins and minerals based on their functions and effects on the body. This applied approach is most evident in the functional organization of the micronutrient (vitamin and mineral) chapters. Rather than requiring you to memorize all the vitamins and minerals and their characteristics, the authors present them based on their functions (like fluid and electrolyte balance, antioxidant function, bone health, energy metabolism, and blood and immunity health), so that you can understand their effects on the body.

The **Third Edition** of the book adds New Focus Figure spreads that concentrate on the toughest topics to learn and understand.

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Editorial Review

About the Author

Janice Thompson, Ph.D., FACSM
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Janice Thompson earned a Ph.D. from Arizona State University in exercise physiology and nutrition. She is currently Bristol University's Head of the Centre of Exercise, Nutrition, and Health Sciences and Professor of Public Health Nutrition. Her research focuses on designing and assessing the impact of nutrition and physical activity interventions to reduce the risks for obesity, cardiovascular disease, and type 2 diabetes in high-risk populations. She also teaches nutrition and research methods courses, and mentors graduate research students.

Janice is a Fellow of the American College of Sports Medicine (ACSM) and a member of the American Society for Nutrition (ASN), the British Association of Sport and Exercise Science (BASES), The Nutrition Society in the United Kingdom, and the European College of Sports Science (ECSS). Janice won an undergraduate teaching award while at the University of North Carolina, Charlotte. In addition to *The Science of Nutrition,* Janice co-authored the Pearson textbooks *Nutrition: An Applied Approach* and *Nutrition for Life*, with Melinda Manore. Janice loves traveling, yoga, hiking, and cooking and eating delicious food. She likes almost every vegetable except canned peas and believes chocolate should be listed as a food group.

Melinda Manore, Ph.D., RD, CSSD, FACSM
Oregon State University
Melinda Manore earned a Ph.D. in human nutrition with a minor in exercise physiology at Oregon State University (OSU). She is the past chair of the Department of Nutrition and Food Management at OSU, and is currently a professor in the Department of Nutrition and Exercise Sciences. Prior to her tenure at OSU, she taught at Arizona State University for 17 years. Melinda's area of expertise is nutrition and exercise, especially the role of diet and exercise in health, exercise performance, weight control, and micronutrient needs. She focuses on the nutritional needs of active women and girls across the lifecycle.

Melinda is an active member of the American Dietetic Association (ADA) and the American College of Sports Medicine (ACSM). She is the past chair of the ADA Research Committee and the Research Dietetic Practice Group, and served on the ADA Obesity Steering Committee. She is an active member of SCAN, a nutrition and exercise practice group of ADA. She is a Fellow of ACSM and is currently Vice President. Melinda is also a member of the American Society of Nutrition (ASN) and the Obesity Society. She is the recent chair of USDA's Nutrition and Health Planning and Guidance Committee. Melinda is the past nutrition column author and associate editor for ACSM's Health and Fitness Journal, and Medicine and Science in Sports and Exercise, and serves on editorial boards of numerous research journals. She has won awards for excellence in research and teaching. She also co-authored the Pearson textbooks *Nutrition for Life and Nutrition: An Applied Approach*, with Janice Thompson. Melinda is an avid walker, hiker, and former runner who loves to cook and eat great food, in addition to enjoying gardening and birding.

Linda A. Vaughan, Ph.D, R.D.
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Linda earned her doctorate at University of Arizona in agricultural biochemistry and nutrition. She is is Professor and past Chair of the Department of Nutrition at Arizona State University (ASU).She currently serves within ASU's College of Nursing and Health Innovation, teaches undergraduate and graduate courses in nutrient metabolism, advises graduate students, and conducts research on the nutrient content of donated/distributed food from community food banks. Her area of specialization is older adults and lifecycle nutrition.

Linda is an active member of the American Dietetic Association (ADA), the American Society of Nutrition Sciences, and the Arizona Dietetic Association. She has served as Chair of the Research and Dietetic Educators of Practitioners practice groups of the American Dietetic Association as well as serving in the ADA House of Delegates. Linda has received numerous awards, including the Arizona Dietetic Association Outstanding Educator Award, the CLAS Alumni Outstanding Educator Award, and the University of Arizona East Supervisor of the Year award. In addition to her work on this edition as a co-author, she is a key contributor to the Pearson textbooks *Nutrition: An Applied Approach*, and *Nutrition for Life*, by Janice Thompson and Melinda Manore.

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