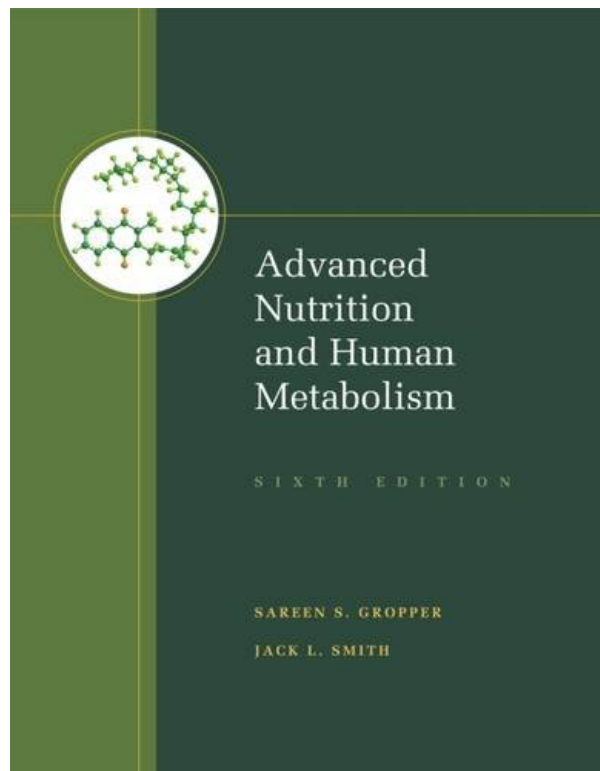
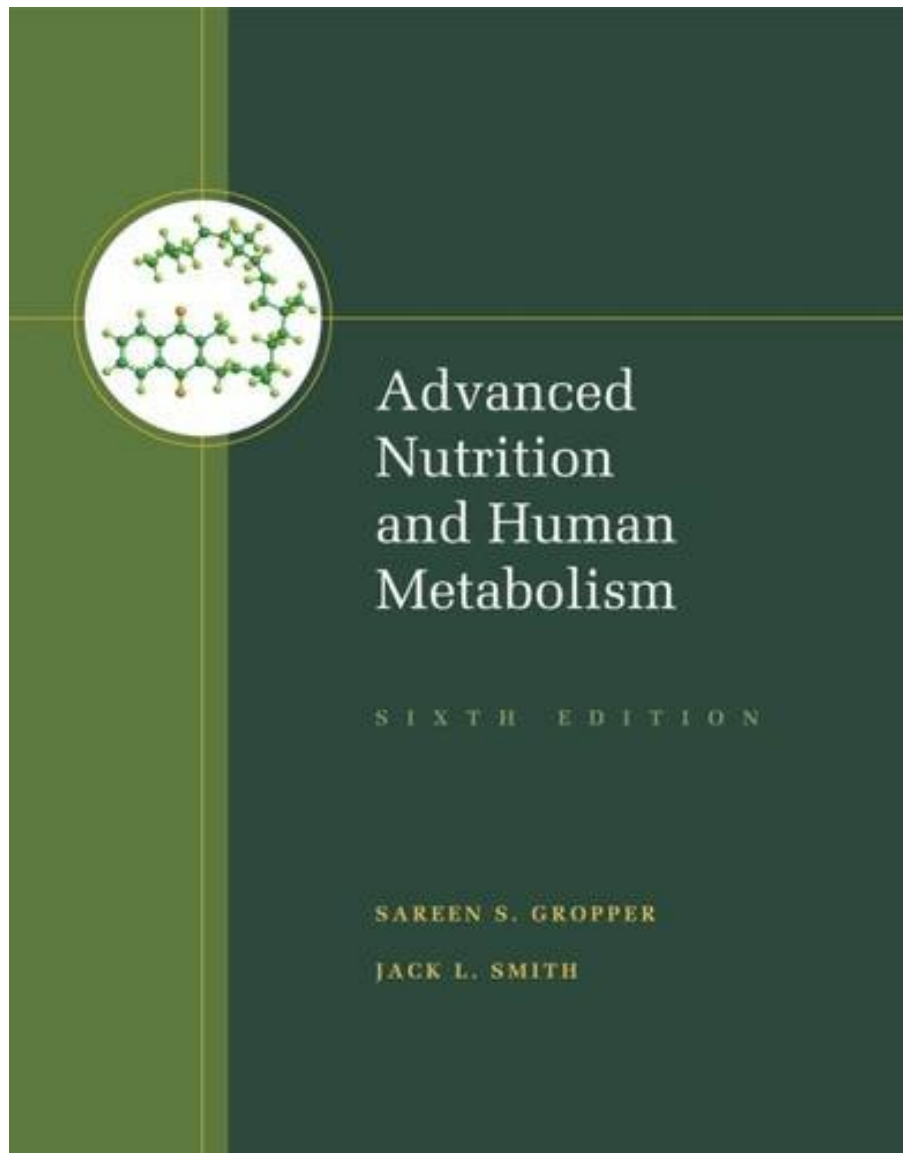


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## **Review**

"The Gropper book fulfills my needs for a concise compilation of the biochemistry of nutrition. Some of the diagrams are outstanding and really convey the important aspects of the pathways being illustrated."

## **About the Author**

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By Rachel B.

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Good Book to Add to a Collection

By A. Blandford

It is a pretty comprehensive nutrition book with all the basic essentials that you need to get a good grasp on the more biochemical aspects of how nutrients interact with the body. If you haven't had a basic biochemistry class, some of this is might be a little over your head. I would recommend this for undergrad nutrition classes and graduate students who are looking for a quick reference guide.

22 of 22 people found the following review helpful.

An intermediate level text, often useful, sometimes not

By Frosty Cold One

I studied from the 3rd edition as a student and now I own this 6th edition to occasionally look things up for the work I do.

If you are a health-savvy consumer looking to delve deeper into human nutrition, consider carefully that this is a textbook authored for students with previous exposure to organic chemistry and probably rudimentary A&P. If you want a basic but packed Nutrition text to help you sort thru the misinformation about Nutrition that you'll find on the web, try Nutrition: Concepts and Controversies instead. It's not perfect, but will at least steer one away from wackadoodle information that can be found on The Internets.

If you are a student or a professional, rest assured that this Gropper/Smith book is one you'll probably want to keep on your shelf for a few years. It contains an excellent assortment of figures, and the chapters on each micronutrient are logically broken down into sections on Digestion and Absorption, Deficiency, Toxicity, Interactions with Other Nutrients, etc.

If the monochrome format sounds a bit Spartan, consider that the 3rd edition was only black & white; the magenta color now used for headings, etc. is a vast improvement, making it easier to find information.

If you are looking for a more in-depth text, I'd recommend Biochemical, Physiological, and Molecular Aspects of Human Nutrition, 3e.

My main complaint is that it still seems to not contain all of the information that you would expect from a text at this level; I realize this is a subjective complaint and that it is rare for a book to be your "one stop shopping" source for information, but this disappointment happens more often than I'd like. Another complaint is that the citations seem outdated in many cases, especially when there is discussion of disease; while I realize that it is a tremendous feat to stay on top of the current body of scientific literature in the field (esp. with a new edition being published only every 4 years), I would like to see future editions be more contemporary. Ideally, maintaining this text would be a full-time job for Sareen Gropper and Jack Smith, but that's not the world we live in.

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