



Nutritional Aspects of Bone Health: Rsc

By -

Royal Society of Chemistry. Hardcover. Book Condition: New. Hardcover. 767 pages. Dimensions: 9.3in. x 6.3in. x 1.8in. Nutritional Aspects of Bone Health provides an in-depth review of the role of diet in the development and maintenance of bone health throughout the lifecycle, and prevention of osteoporosis in later life. The book is multi-authored by the worlds leading researchers in this area, who have come together to formulate the first ever textbook on nutritional aspects of bone health, and includes the current and cutting edge science underpinning the prevention of bone disease. The book is structured such that, in the first section, an overview is provided on what is meant by the terms bone health and osteoporosis and includes key areas such as epidemiology, genetics and the impact of non-nutritional exogenous factors influencing the skeleton. The second section details the established nutritional factors affecting bone health, namely calcium and vitamin D. Section three focuses on the role of macronutrients and macrominerals in bone health, namely protein, phosphorus, sodium and potassium, including the criticality of acid-base homeostasis to skeletal integrity. Section four addresses the effects of microminerals, trace elements, vitamin K, vitamin A and isoflavones on bone. Section five focuses attention on key...



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