Book: Intermediate Nutrition (Lindshield)

This text is used for FNDH 400 at Kansas State University, which is a 3-hour, intermediate-level, nutrition course taught on campus every spring semester, and all 3 semesters (fall, spring, summer) via K-State Online. Ideally on-campus students take the course during the spring semester of their sophomore year. Most on-campus students in the class are majoring in Nutritional Sciences, Nutrition and Health (previously Public Health Nutrition), Sports Nutrition, or Dietetics. There is an increasing number of Biology, Life Sciences and other majors taking the course. Online, more students are nontraditional and a majority are distance dietetics students (K-State offers a distance dietetics degree).
1: Nutrition Basics

2: Macronutrient Structures

3: Macronutrient Digestion

4: Macronutrient Uptake, Absorption, and Transport

5: Common Digestive Problems
6: Macronutrient and Alcohol Metabolism

7: Integration of Macronutrient Metabolism

8: Micronutrients Overview and Dietary Reference Intakes (DRIs)

9: Antioxidant Micronutrients
10: Macronutrient Metabolism Micronutrients

11: One-Carbon Metabolism Micronutrients

12: Blood, Bones and Teeth Micronutrients

13: Electrolyte Micronutrients
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