Science, Physiology, and Nutrition for the Nonscientist (Morrill)

A wonderful blend of physiology, nutrition, biochemistry, genetics, biology, evolution, chemistry--what we all need to know as informed citizens. A basic knowledge of the life sciences and how our bodies work--to promote our own good health, especially as we're bombarded with misleading advertisements, soundbites, and the like. DNA fingerprinting, calorie requirements, dietary advice, genetic engineering (including gene editing with CRISPR cas9)--all in an easy-to understand book.
1: Behind the Soundbite

2: Scientific Method

3: Chemistry
4: Dietary Recommendations

5: Energy-Providing Nutrients

6: Digestive Tract
16: Food Safety

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