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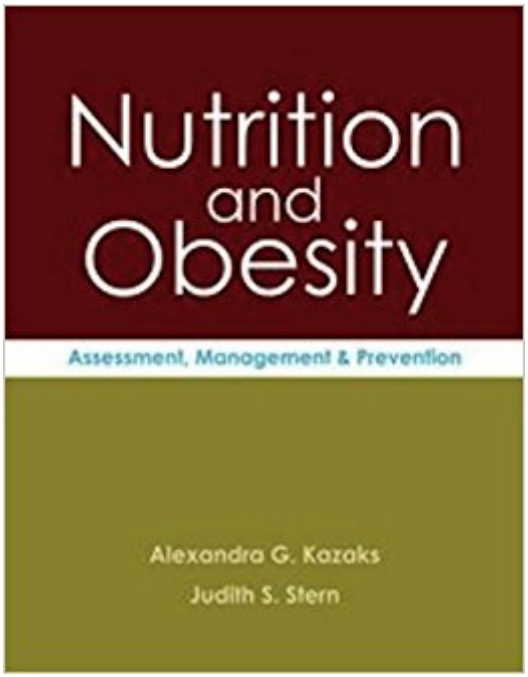

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Synopsis

Nutrition and Obesity: Assessment, Management and Prevention is a necessary, timely, and comprehensive text that provides an up-to-date, scientifically accurate study of our current understanding of the causes, consequences, and potential of individual and public responses to the serious health issue of obesity. It presents major concepts about obesity including new knowledge gained from recent advances in research on health risks, energy balance, eating behaviors, the biology of hunger and satiety, and pharmacotherapy and surgery as treatments for obesity. Additionally, the text sets obesity in a public health context that includes local, national, and international environmental policy approaches to assessment and prevention.

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