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Food & Nutrition Textbook Catalogue Spring 2025



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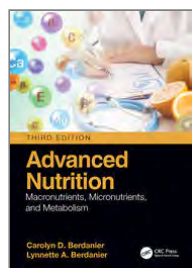
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3RD EDITION

Advanced Nutrition

Macronutrients, Micronutrients, and Metabolism



Carolyn D. Berdanier Professor Emerita, University of Georgia, Athens, USA, **Lynnette A. Berdanier** University of North Georgia, Gainesville, USA

Like its predecessors, the new and updated edition of Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism is an essential textbook for advanced undergraduate and first-year graduate students studying human nutrition. This book draws on inter-related sciences including biochemistry, genetics, and physiology to provide a full understanding of nutrition science. This third edition describes the chemistry, absorption, use and excretion of each of the essential nutrients. There is comprehensive coverage of nutrient-nutrient interactions and both macro and micronutrients.

CRC Press

July 2021 : 614pp

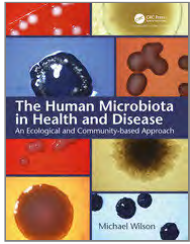
Pb: 978-0-367-55458-3 : **£76.99**Hb: 978-0-367-55460-6 : **£185**

eBook: 978-1-003-09366-4

* For full contents and more information, visit: www.routledge.com/9780367554583

The Human Microbiota in Health and Disease

An Ecological and Community-based Approach



Michael Wilson University College London

This book describes the various microbial communities (microbiota) inhabiting humans as well as their important roles in human health and disease. It is aimed at senior undergraduates and graduates whose courses include a module on the indigenous microbiota of humans. It will also be useful to professional scientists, clinicians, and others who are keen to know more about the human microbiota and its role in health and disease.

Garland Science

September 2018 : 504pp

Pb: 978-0-815-34585-5 : **£86.99**

Hb: 978-1-138-34278-1 : **£215**

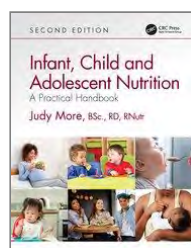
eBook: 978-1-351-06836-9

* For full contents and more information, visit: www.routledge.com/9780815345855

2ND EDITION

Infant, Child and Adolescent Nutrition

A Practical Handbook



Judy More Freelance Paediatric Dietitian and Registered Nutritionist, London, UK

Infant, Child and Adolescent Nutrition: A Practical Guide, Second Edition, is an evidence-based, practical guide introducing readers to the theory behind optimal child nutrition. Containing practical advice on how to put that theory into practice, this new edition facilitates learning through case studies, key points, and learning activities. Divided into seven sections, chapters cover prenatal nutrition and nutrition throughout childhood from preterm babies to adolescents up to the age of 18. It serves as a useful reference for individuals responsible for the nutritional health of children in primary care and community settings.

CRC Press

June 2021 : 308pp

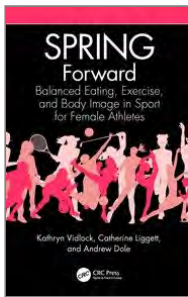
Pb: 978-0-367-55455-2 : **£45.99**Hb: 978-0-367-55456-9 : **£84.99**

eBook: 978-1-003-09365-7

* For full contents and more information, visit: www.routledge.com/9780367554552

SPRING Forward

Balanced Eating, Exercise, and Body Image in Sport for Female Athletes



Kathryn Vidlock , Catherine Liggett , Andrew Dole

This is a guide for coaches, teachers, parents, and female athletes on how to implement an educational program teaching nutrition for fueling properly, avoidance of disordered eating among female athletes, and promoting mental health through positive body image.

CRC Press

April 2023 : 204pp

Pb: 978-1-032-38564-8 : **£21.99**

Hb: 978-1-032-38568-6 : **£81.99**

eBook: 978-1-003-34565-7

* For full contents and more information, visit: www.routledge.com/9781032385648

School Farms

Feeding and Educating Children



Edited by **Alshimaa Aboelmakarem Farag, Samaa Badawi, Gurbinder Lalli** University of Wolverhampton, UK, **Maya Kamareddine**

Series: Routledge Studies in Food, Society and the Environment

Hunger is one of the most pressing concerns we face today and there is a clear need to provide alternative sources of food to feed a fast growing population. School farms offer a sustainable opportunity to produce food locally in order to feed underprivileged students who rely on school meals as an integral part of their daily diet. Approaching the concept of school farms through four themes, problem, people, process and place, the book shows how they can play an essential role in providing sustainable and healthy food for students, and the positive impact hands-on farming can have on students' mental and physical well-being.

Routledge

November 2021 : 322pp

Pb: 978-1-032-00960-5 : **£36.99**

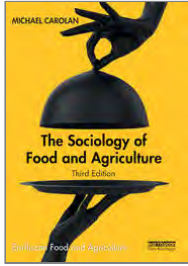
Hb: 978-1-032-00961-2 : **£135**

eBook: 978-1-003-17655-8

* For **full contents** and more information, visit: www.routledge.com/9781032009605

3RD EDITION

The Sociology of Food and Agriculture



Michael Carolan Colorado State University, USA

Series: Earthscan Food and Agriculture

Thoroughly revised and updated, the third edition of *The Sociology of Food and Agriculture* provides a cutting-edge, comprehensive introduction to the study of food and society. This title is perfect for students of food studies, including food justice, food and nutrition security, sustainable diets and food sovereignty, environmental sociology, agriculture and cultural studies.

Routledge

September 2021 : 278pp

Pb: 978-0-367-68001-5 : **£35.99**

Hb: 978-0-367-68002-2 : **£135**

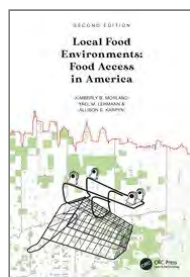
eBook: 978-1-003-13378-0

* For full contents and more information, visit: www.routledge.com/9780367680015

2ND EDITION

Local Food Environments

Food Access in America



Kimberly B. Morland Mount Sinai School of Medicine, New York, New York, USA, **Yael M. Lehmann**, **Allison E. Karpyn**

This second edition contains four sections including (1) disparities between local food environments in the United States; (2) effect of restricted local food environments on dietary intake; (3) interventions to local food environment and their impact on communities; and (d) macro-level influence on the development of local food environments.

CRC Press

April 2022 : 274pp

Pb: 978-0-367-46496-7 : £54.99

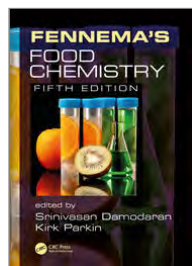
Hb: 978-0-367-46507-0 : £175

eBook: 978-1-003-02915-1

* For full contents and more information, visit: www.routledge.com/9780367464967

5TH EDITION

Fennema's Food Chemistry



Edited by **Srinivasan Damodaran** University of Wisconsin, Madison, USA, **Kirk L. Parkin** University of Wisconsin-Madison, USA

This latest edition of the most internationally respected reference in food chemistry for more than 30 years, Fennema's Food Chemistry, 5th Edition once again meets and surpasses the standards of quality and comprehensive information set by its predecessors. All chapters reflect recent scientific advances and, where appropriate, have expanded and evolved their focus to provide readers with the current state-of-the-science of chemistry for the food industry. This edition introduces new editors and contributors who are recognized experts in their fields.

CRC Press

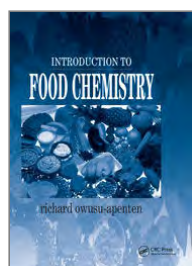
March 2017 : 1123pp

Pb: 978-1-482-20812-2 : **£68.99**Hb: 978-1-482-24361-1 : **£215**

eBook: 978-1-315-37291-4

* For full contents and more information, visit: www.routledge.com/9781482208122

Introduction to Food Chemistry



Richard Owusu-Apenten

Providing a concise but rigorous introduction to the core areas of food science specified by the Institute of Food Technologists, Introduction to Food Chemistry covers food chemistry, food analysis and methods for quality assurance, nutrition, diet and health, food microbiology, food material science, biochemical changes in fresh foods, food enzymology, and food processing. As a multi-level text with material of varying sophistication, the book focuses on principles rather than commodities and balances facts with explanations. It emphasizes improvement of learning and teaching quality, measurable learning outcomes, and core competencies.

CRC Press

June 2019 : 272pp

Pb: 978-0-367-39348-9 : **£61.99**Hb: 978-0-849-31724-8 : **£175**

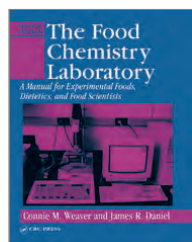
eBook: 978-0-429-12794-6

* For full contents and more information, visit: www.routledge.com/9780367393489

2ND EDITION

The Food Chemistry Laboratory

A Manual for Experimental Foods, Dietetics, and Food Scientists,
Second Edition



Connie M. Weaver Purdue University, West Lafayette, Indiana, USA, **James R. Daniel** Purdue University, West Lafayette, Indiana, USA

Series: Contemporary Food Science

A laboratory course in food chemistry is required for food science and dietetics majors, as well as some nutrition majors. A popular book in its first edition, The Food Chemistry Laboratory, Second Edition continues to provide students with practical knowledge of the fundamentals of designing, executing, and reporting the results of a research project. Presenting experiments that can be completed without requiring extensive student laboratory facilities, it includes new exercises in the areas of physical properties, lipids, proteins, and gelatin. Also new in this edition are a brief introduction to each laboratory exercise and a listing of materials needed, approximate time needed for completion, and possible complications and/or pitfalls.

CRC Press

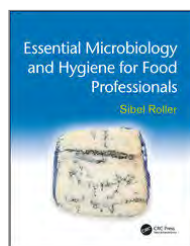
February 2003 : 150pp

Pb: 978-0-849-31293-9 : **£71.99**Hb: 978-1-138-42649-8 : **£180**

eBook: 978-0-429-12659-8

* For full contents and more information, visit: www.routledge.com/9780849312939

Essential Microbiology and Hygiene for Food Professionals



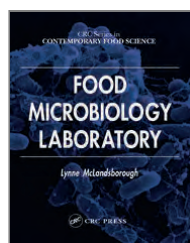
Sibel Roller London, UK

Accessible and practical, this introduction provides the basic science relating to microorganisms in food. Assuming no prior knowledge of microbiology, the book takes a fresh and modern approach in helping readers to appreciate the importance of microbiology and hygiene in assuring food safety and quality, demonstrating the application of key principles relating to the presence, detection, and control of microorganisms in foods. The book is highly illustrated with colour photographs, charts, diagrams, and sketches to aid learning and retention. Summary boxes, vignettes, and a glossary of technical terms further enhance the text.

CRC Press
April 2012 : 240pp
Pb: 978-1-444-12149-0 : **£47.99**
Hb: 978-1-138-42655-9 : **£180**
eBook: 978-0-429-10278-3

* For full contents and more information, visit: www.routledge.com/9781444121490

Food Microbiology Laboratory



Lynne McLandsborough University of Massachusetts, Amherst, USA

Series: Contemporary Food Science

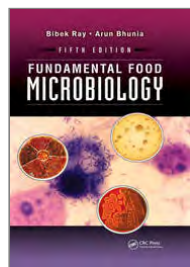
Based on lab experiments developed for food science and microbiology courses at the University of Massachusetts, this manual presents well-tested, student-proven, and thoroughly outlined experiments for use in a one-semester introductory food microbiology course. It features 14 exercises that incorporate both traditional and rapid method testing techniques. An instructor's manual is also available with qualifying course adoptions. Covering topics such as E. coli, Staph, and Salmonella detection, thermal destruction of microorganisms, and using PCR to confirm Listeria monocytogenes, it provides students with hands-on experience with methods used by industry for enumerating microorganisms.

CRC Press
September 2004 : 196pp
Pb: 978-0-849-31267-0 : **£71.99**
Hb: 978-1-138-42657-3 : **£185**
eBook: 978-0-429-20480-7

* For full contents and more information, visit: www.routledge.com/9780849312670

5TH EDITION

Fundamental Food Microbiology



Bibek Ray University of Wyoming, Plymouth, USA, **Arun Bhunia** Purdue University, West Lafayette, Indiana, USA

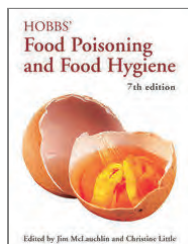
Maintaining the high standard set by the previous bestselling editions, this book presents the most up-to-date information in this rapidly growing and highly dynamic field. Revised and expanded to reflect recent advances, this edition broadens coverage of foodborne diseases to include many new and emerging pathogens, as well as descriptions of the mechanism of pathogenesis. With the inclusion of many more easy-to-follow figures and illustrations, this text provides a comprehensive introductory source for undergraduates, as well as a valuable reference for graduate level and working professionals in food microbiology or food safety.

CRC Press
November 2013 : 664pp
Hb: 978-1-466-56443-5 : **£96.99**
eBook: 978-0-429-10029-1

* For full contents and more information, visit: www.routledge.com/9781466564435

7TH EDITION

Hobbs' Food Poisoning and Food Hygiene



Jim McLauchlin, **Christine Little**, **Betty C. Hobbs**

This unique textbook takes a holistic approach to food poisoning and food hygiene, explaining in clear and non-technical language the causes of food poisoning with practical examples from 'real-life' outbreaks

CRC Press
June 2007 : 360pp
Pb: 978-0-340-90530-2 : **£43.99**
Hb: 978-1-138-45490-3 : **£180**
eBook: 978-0-429-07305-2

* For full contents and more information, visit: www.routledge.com/9780340905302

3RD EDITION

Food Packaging

Principles and Practice, Third Edition

**Gordon L. Robertson**

This book presents an integrated approach to understanding the principles underlying food packaging and their applications. This edition includes new and expanded coverage of biobased packaging and bionanocomposites; nanotechnology applications, including nanoclays; metallization and atomic layer deposition; shelf life design, analysis, and estimation; safety and legislative aspects of packaging including public interest in food contact materials such as BPA and phthalates; life cycle assessment and sustainability. A new chapter addresses food packaging closures and sealing systems, including closures for plastic and composite containers and peelable seals.

CRC Press

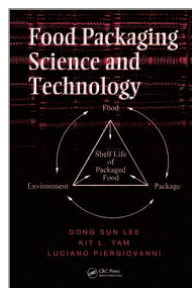
November 2012 : 736pp

Hb: 978-1-439-86241-4 : £110

eBook: 978-0-429-10540-1

* For full contents and more information, visit: www.routledge.com/9781439862414

Food Packaging Science and Technology



Dong Sun Lee Kyungnam University, Masan, South Korea
Kit L. Yam Rutgers University, New Brunswick, New Jersey, USA, **Luciano Piergiovanni** University of Milan, Italy

With a wealth of illustrations, examples, discussion questions, and case studies, this textbook covers basic principles and advanced technologies. Emphasizing the application of scientific principles to create effective designs and quality products, this text discusses packaging materials science and the chemical and physical properties of plastics, glass, metal, and cellulosic packaging materials. It analyzes traditional methods such as end-of-line operations, as well as canning, aseptic and vacuum/modified atmosphere packaging. It studies the shelf-lives of various food categories and addresses sustainable packaging as well as sociological and legislative considerations.

CRC Press

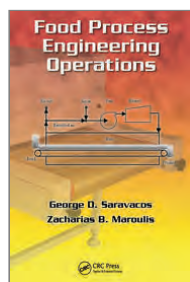
April 2008 : 656pp

Hb: 978-0-824-72779-6 : £120

eBook: 978-0-429-10923-2

* For full contents and more information, visit: www.routledge.com/9780824727796

Food Process Engineering Operations



George D. Saravacos National Technical University of Athens (NTUA), Greece, **Zacharias B. Maroulis** National Technical University of Athens (NTUA), Greece

Series: Contemporary Food Engineering

Current textbooks on food process engineering cover mainly the traditional unit operations of fluid flow and heat transfer, with less attention paid to mass transfer and important mechanical processing operations. This textbook provides needed balance with coverage of traditional unit operations, using updated engineering properties and data and simplified computer aided techniques. It discusses mechanical processing and novel food processes such as membrane separations and introduces elements of food packaging operations, hygiene aspects, food process design, and economics. It examines the effects of each process on the quality, safety, and physical structure of food products.

CRC Press

February 2011 : 594pp

Hb: 978-1-420-08353-8 : £96.99

eBook: 978-0-429-15006-7

* For full contents and more information, visit: www.routledge.com/9781420083538

Fundamentals and Operations in Food Process Engineering



Susanta Kumar Das Indian Institute of Technology, Kharagpur, India, **Madhusweta Das** Indian Institute of Technology, Kharagpur, India

'Fundamentals and Operations in Food Process Engineering' deals with basic engineering principles and transport processes applied to food processing, followed by specific unit operations with large number of worked out examples and problems for practice in each chapter. This book is divided into four sections namely, fundamentals in food process engineering, mechanical operations in food processing, thermal operations in food processing and mass transfer operations in food processing. This volume aims at students pursuing courses on food science and food technology including broader section of scientific personnel working in food processing and related industries.

CRC Press

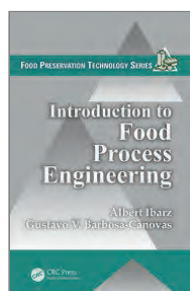
March 2019 : 604pp

Hb: 978-1-466-56090-1 : £120

eBook: 978-0-429-05876-9

* For full contents and more information, visit: www.routledge.com/9781466560901

Introduction to Food Process Engineering



Albert Ibarz University of Lleida, Spain, **Gustavo V. Barbosa-Canovas** Washington State University, Pullman, USA

Series: Food Preservation Technology

This text introduces the basic principles of food engineering, providing readers with a good understanding of what food process engineering encompasses. The text begins with an overview of basic concepts of unit operations, familiarizing readers with fundamental ideas regarding processes. It then reviews key topics in food process engineering, covering the physical properties of food, traditional fluid mechanics, and heat transfer. The text examines transport phenomena, momentum, energy, and mass balances, as well as macroscopic balances. It also discusses food processing and food preservation technologies and food packaging.

CRC Press

April 2014 : 722pp

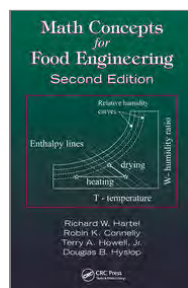
Hb: 978-1-439-80918-1 : £96.99

eBook: 978-0-429-17077-5

* For full contents and more information, visit: www.routledge.com/9781439809181

2ND EDITION

Math Concepts for Food Engineering



Richard W. Hartel University of Wisconsin, Madison, USA, **D.B. Hyslop** University of Wisconsin, Madison, USA, **Robin K. Connelly** University of Wisconsin, Madison, USA, **T.A. Howell Jr.** Collegedale, Tennessee, USA

With numerous problems and solutions, this text builds students' mathematical reasoning skills so that they can achieve a better understanding of food engineering principles. It examines a variety of food engineering elements, including gases, vapors, mass and energy balances, fluid mechanics, and heat and mass transfer. The text also offers a step-by-step breakdown of formulas used in mass, heat, and momentum transfer. This edition contains a new chapter on mass transfer, includes a simple units-conversion page and a mathematical skills screening quiz in the appendices, and uses spreadsheets (available on the publisher's website) to generate practical mathematical tools for applications and solve examples.

CRC Press

March 2008 : 242pp

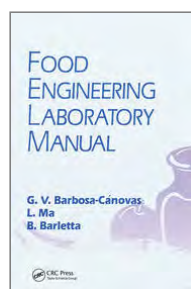
Pb: 978-1-420-05505-4 : £43.99

Hb: 978-1-138-42651-1 : £180

eBook: 978-0-429-19582-2

* For full contents and more information, visit: www.routledge.com/9781420055054

Food Engineering Laboratory Manual



Gustavo V. Barbosa-Canovas, Li Ma, Blas J. Barletta

This manual facilitates the understanding of the most relevant unit operations in food engineering. It presents information on how to approach laboratory experiments. The book covers topics include safety, preparing for a laboratory exercise and effectively performing an experiment.

CRC Press

December 2019 : 156pp

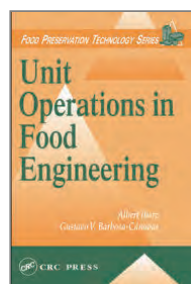
Pb: 978-0-367-44824-0 : **£58.99**

Hb: 978-1-566-76541-1 : **£84.99**

eBook: 978-0-203-75566-2

* For full contents and more information, visit: www.routledge.com/9780367448240

Unit Operations in Food Engineering



Albert Ibarz University of Lleida, Spain, **Gustavo V. Barbosa-Canovas** Washington State University, Pullman, USA

Series: Food Preservation Technology

In order to successfully produce food products with maximum quality, each stage of processing must be well-designed. Unit Operations in Food Engineering systematically presents the basic information necessary to design food processes and the equipment needed to carry them out. It covers the most common food engineering unit operations in detail, including guidance for carrying out specific design calculations. Initial chapters present transport phenomena basics for momentum, mass, and energy transfer in different unit operations. Later chapters present detailed unit operation descriptions based on fluid transport and heat and mass transfer. Every chapter concludes with a series of solved problems.

CRC Press

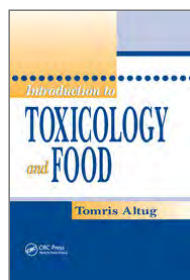
October 2002 : 920pp

Hb: 978-1-566-76929-7 : **£230**

eBook: 978-0-429-13495-1

* For full contents and more information, visit: www.routledge.com/9781566769297

Introduction to Toxicology and Food



Tomris Altug

Providing a concise overview of both the science of toxicology and food toxicology, *Introduction to Toxicology and Food* presents easy-to-understand explanations of the concepts and principles of toxicology as a science, the toxicants found in foods, and naturally occurring antitoxic/anticarcinogenic substances in foods. It examines the uses, harmful effects, and safety aspects of a variety of toxicants, including natural toxicants, contaminants, and food additives. With its easy-to-read style and its clear discussions of the science of toxicology, food toxicology, and chemopreventers, the book is an ideal text for an undergraduate course in food toxicology and a useful guide for food scientists.

CRC Press

September 2019 : 168pp

Pb: 978-0-367-39598-8 : **£61.99**

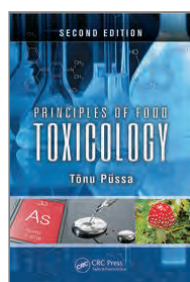
Hb: 978-0-849-31456-8 : **£175**

eBook: 978-0-429-12962-9

* For full contents and more information, visit: www.routledge.com/9780367395988

2ND EDITION

Principles of Food Toxicology



Tõnu Püssa Estonian University of Life Sciences, Tartu

Following in the tradition of the popular first edition, this book integrates the general principles of toxicology with a systematic characterization of the most important food-borne toxicants. Ideal as a textbook in a food toxicology course, this new edition includes a new chapter on food adulterations. Using moderately rigorous biochemistry and chemistry, it also provides expanded coverage of entry and absorption of foreign substances, carcinogenicity, reproductive and developmental toxicology, multi-organ toxicity, flavor enhancers, and nanomaterials.

CRC Press

August 2013 : 414pp

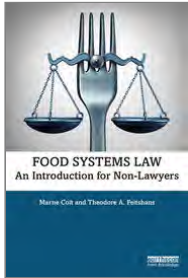
Hb: 978-1-466-50410-3 : **£81.99**

eBook: 978-0-429-09913-7

* For full contents and more information, visit: www.routledge.com/9781466504103

Food Systems Law

An Introduction for Non-Lawyers



Marne Coit, Theodore A. Feitshans

This introductory textbook provides an overview of US food law and regulations, providing the reader with a more comprehensive understanding of food systems. Chapters include explanations of key topics including food safety, food labelling, organic certification and food waste, with examples from US law and policy included. Geared towards a non-legal audience, it is aimed at students of food science and studies, as well as agricultural law, food policy and environmental law, plus professionals in the food industry.

Routledge

July 2020 : 214pp

Pb: 978-1-138-38689-1 : **£35.99**

Hb: 978-1-138-38687-7 : **£135**

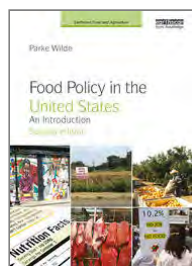
eBook: 978-0-429-42654-4

* For full contents and more information, visit: www.routledge.com/9781138386891

2ND EDITION

Food Policy in the United States

An Introduction



Parke Wilde Tufts University, USA

Series: Earthscan Food and Agriculture

The first edition of this book, published in 2013, quickly established itself as a core leading introductory text on food policy in the United States. This new edition offers a timely update, including policy changes in the 2014 Farm Bill, the 2015 Dietary Guidelines for Americans, new child nutrition legislation, reforms in food labeling policy, and many other developments. It also offers a new companion web site with additional resources for both students and instructors.

Routledge

March 2018 : 276pp

Pb: 978-1-138-20400-3 : **£45.99**

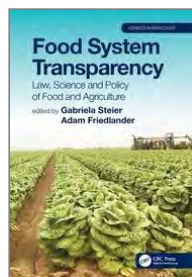
Hb: 978-1-138-20398-3 : **£150**

eBook: 978-1-315-47033-7

* For **full contents** and more information, visit: www.routledge.com/9781138204003

Food System Transparency

Law, Science and Policy of Food and Agriculture



Edited by **Gabriela Steier** Northeastern University, Boston, USA, **Adam Friedlander**

Series: Advances in Agroecology

This book brings together an international group of agriculture and food lawyers and scientists to define the field of Food System Transparency. Investigating social, economic, political, scientific and legal frameworks, the book addresses topics such as food authenticity, agroecological evaluations, and consumer protection. Interwoven themes of transparency contextualize concepts of food safety, information sharing and regulatory opportunities at a local and global scale. Important reading for graduate-level students, legal scholars, non-legal academics, and advocates for food system transparency, resilience, agroecology and environmental conservation.

CRC Press

June 2021 : 244pp

Pb: 978-0-367-44036-7 : **£54.99**

Hb: 978-0-367-77412-7 : **£150**

eBook: 978-1-003-00755-5

* For **full contents** and more information, visit: www.routledge.com/9780367440367

Public Policies for Food Sovereignty

Social Movements and the State



Edited by **Annette Aurelie Desmarais** University of Manitoba, Canada, **Priscilla Claeys** University of Louvain, Belgium, **Amy Trauger** University of Georgia, USA

Series: Routledge Studies in Food, Society and the Environment

An increasing number of rural, including peasant, and urban-based movements are realizing some political traction in their demands for food sovereignty. Some are institutionalizing food sovereignty principles and practices through laws, policies, and programs. This volume engages with a variety of institutional processes that attempt to implement rights to local communities taking control of their food sovereignty.

Routledge

September 2017 : 238pp

Pb: 978-1-138-24096-4 : **£43.99**

Hb: 978-1-138-24095-7 : **£135**

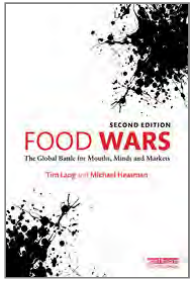
eBook: 978-1-315-28181-0

* For full contents and more information, visit: www.routledge.com/9781138240964

2ND EDITION

Food Wars

The Global Battle for Mouths, Minds and Markets



Tim Lang City University London, UK, **Michael Heasman** University of Bradford, UK

In the ten years since publication of the first edition of Food Wars much has happened in the world of food policy. The key theme of the importance of integrating human and environmental health has become even more pressing. This new edition brings these developments fully up to date within the original analytical framework of competing paradigms or worldviews shaping the direction and decision-making within food politics and policy. The second edition includes updated examples, case studies and the new issues that show how these conflicting tendencies have played out in practice over recent years and what this tells us about the way the global food system is heading.

Routledge

October 2015 : 324pp

Pb: 978-1-138-80262-9 : **£39.99**

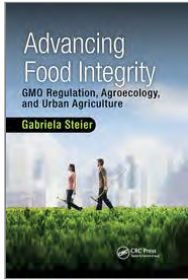
Hb: 978-1-138-80258-2 : **£175**

eBook: 978-1-315-75411-6

* For full contents and more information, visit: www.routledge.com/9781138802629

Advancing Food Integrity

GMO Regulation, Agroecology, and Urban Agriculture



Gabriela Steier

Advancing Food Integrity: GMO Regulation, Agroecology, and Urban Agriculture describes how industrial agriculture is relying on GMOs and failed in its mandate to feed the world. The proliferation of GMOs has trivialized the underlying risks to food safety and food integrity, developments that coincide with urbanization, globalization, and the resulting centralization of our food system. Big Agriculture has enclosed farmland, forcing subsistence peasants off the land, so that it can be used for growing export crops rather than diverse crops for local populations. This book belongs on the shelf of all those interested in food law, environmental law, agroecology, and sustainable

CRC Press

June 2020 : 250pp

Pb: 978-0-367-57252-5 : **£45.99**

Hb: 978-1-138-30525-0 : **£68.99**

eBook: 978-0-203-72944-1

* For **full contents** and more information, visit: www.routledge.com/9780367572525

Food Security Policy, Evaluation and Impact Assessment



Edited by Sheryl L. Hendriks

Series: Earthscan Food and Agriculture

This book offers an essential, comprehensive yet accessible reference of contemporary food security discourse and guides readers through the steps required for food security analysis. It demonstrates how evaluation can integrate the four elements of food security (availability, access, nutrition and resilience) and offers practical tools for policy and programme impact assessment to support evidence-based planning.

Routledge

December 2019 : 272pp

Pb: 978-1-138-49709-2 : **£43.99**

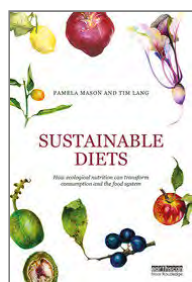
Hb: 978-1-138-49708-5 : **£135**

eBook: 978-1-351-01982-8

* For **full contents** and more information, visit: www.routledge.com/9781138497092

Sustainable Diets

How Ecological Nutrition Can Transform Consumption and the Food System



Pamela Mason Independent Researcher, UK, **Tim Lang**
City University London, UK

The evidence on diet's impact on public health and the environment has grown in recent decades, yet changing food supply, consumer habits and economic aspirations proves hard. This book explores the case for sustainable diets in the Anthropocene. Food production and consumption are key factors in this realignment yet policy makers hesitate to reshape public eating habits and tackle the unsustainability of the global food system. The authors propose a multi-criteria approach to sustainable diets, giving equal weight to nutrition and public health, the environment, socio-cultural issues, food quality, economics and governance.

Routledge

March 2017 : 368pp

Pb: 978-0-415-74472-0 : **£44.99**

Hb: 978-0-415-74470-6 : **£180**

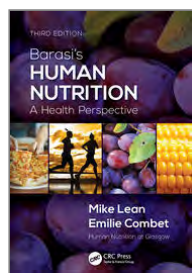
eBook: 978-1-315-80293-0

* For full contents and more information, visit: www.routledge.com/9780415744720

3RD EDITION

Barasi's Human Nutrition

A Health Perspective, Third Edition



Michael EJ Lean The University of Glasgow, UK, **Emilie Combet** The University of Glasgow, UK

Barasi's Human Nutrition: A Health Perspective, Third Edition, provides a comprehensive introduction to the principles and practice of nutrition. Thoroughly revised, restructured, and updated, this new edition presents up-to-date scientific information in an accessible and reader-friendly format, emphasising how important nutrition is for evidence across the full translational health spectrum, from epidemiology and basic sciences through clinical and public health applications, and ultimately into sustainable public policy.

CRC Press

September 2016 : 482pp

Pb: 978-1-444-13720-0 : **£39.99**Hb: 978-1-138-45488-0 : **£180**

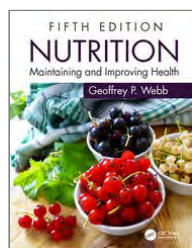
eBook: 978-1-315-38072-8

* For full contents and more information, visit: www.routledge.com/9781444137200

5TH EDITION

Nutrition

Maintaining and Improving Health



Geoffrey Webb University of East London, UK

This book contains in-depth and critical reviews of the methods used to evaluate nutritional intakes/status and the observational and experimental used to investigate putative links between dietary factors and health outcome. It covers the role of food as a source of energy and nutrients while discussing the non-nutritional roles of food and the social and psychological factors that influence food choice. Presenting a critical discussion on the value of nutrition research linking specific foods or nutrients to specific diseases encourages students to question the value of some current nutrition research.

CRC Press

November 2019 : 676pp

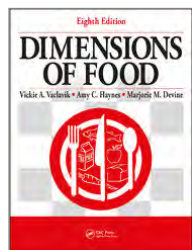
Pb: 978-0-815-36241-8 : **£58.99**Hb: 978-0-367-36939-2 : **£155**

eBook: 978-1-351-05807-0

* For full contents and more information, visit: www.routledge.com/9780815362418

8TH EDITION

Dimensions of Food



Vickie A. Vaclavik , Amy Haynes Medical City Hospital,
Dallas, Texas, USA

Following the tradition of its predecessor, this eighth edition allows students to explore various aspects of food. It presents various dimensions including the chemical, economic, nutritional, palatability, processing, and sanitation aspects of food. The text provides a basic understanding of functional and structural properties of several food groups such as dairy, fruits, vegetables, eggs, meat, poultry, and fish. Unique to this manual are extensive appendices which supplement current textbooks and provide additional background for lab exercises.

CRC Press

February 2018 : 362pp

Pb: 978-1-138-63126-7 : **£91.99**

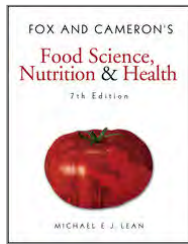
Hb: 978-1-138-37365-5 : **£180**

eBook: 978-1-315-20898-5

* For full contents and more information, visit: www.routledge.com/9781138631267

7TH EDITION

Fox and Cameron's Food Science, Nutrition & Health



Michael EJ Lean The University of Glasgow, UK

All aspects of nutrition are brought together in the new edition of this classic textbook. With an expanded section on clinical nutrition, the book also covers basic chemical nature of the important food groups and emphasises the relationship between good nutrition and good health.

CRC Press

March 2006 : 332pp

Pb: 978-0-340-80948-8 : **£43.99**

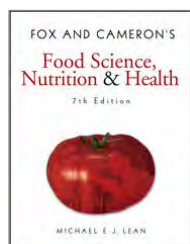
Hb: 978-1-138-45491-0 : **£180**

eBook: 978-0-429-16741-6

* For full contents and more information, visit: www.routledge.com/9780340809488

7TH EDITION

Fox and Cameron's Food Science, Nutrition & Health



Michael EJ Lean The University of Glasgow, UK

All aspects of nutrition are brought together in the new edition of this classic textbook. With an expanded section on clinical nutrition, the book also covers basic chemical nature of the important food groups and emphasises the relationship between good nutrition and good health.

CRC Press

March 2006 : 332pp

Pb: 978-0-340-80948-8 : **£43.99**

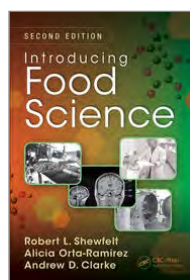
Hb: 978-1-138-45491-0 : **£180**

eBook: 978-0-429-16741-6

* For full contents and more information, visit: www.routledge.com/9780340809488

2ND EDITION

Introducing Food Science



Robert L. Shewfelt University of Georgia, Athens, USA,
Alicia Orta-Ramirez Cornell University, Ithaca, New York, USA,
Andrew D. Clarke University of Missouri, Columbia, USA

The second edition of a bestseller, this textbook introduces the basics of food science, then building on this foundation, explores its sub-disciplines. This format has been retained to provide students with a well-rounded understanding of the field. The new edition contains revised or additional information on sustainability, molecular gastronomy, culinology, My Plate replacing My Pyramid, clean labels, the assault on processed foods and food scientists by several authors, the new food-safety regulations. It also provides additional pedagogical features, including end-of-chapter questions and a glossary while retaining the popular Looking Back, Remember This!, and Looking Ahead sections.

CRC Press

September 2015 : 463pp

Pb: 978-1-482-20974-7 : **£86.99**

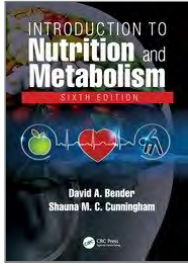
Hb: 978-1-138-46043-0 : **£185**

eBook: 978-0-429-17238-0

* For full contents and more information, visit: www.routledge.com/9781482209747

6TH EDITION

Introduction to Nutrition and Metabolism



David A Bender University College London, UK, **Shauna M C Cunningham** Robert Gordon University, Scotland

Introduction to Nutrition and Metabolism equips readers with an understanding of the scientific basis of what we call a healthy diet. Now in its sixth edition, this highly recognized textbook provides clear explanations of how nutrients are metabolized and gives explains the principles of biochemistry needed for comprehending the science of nutrition. This full-color textbook explores the uses to which food is put in the body and the interactions between health and diet. Outlining the scientific basis behind nutritional requirements and recommendations, this new edition has been extensively revised to reflect current knowledge.

CRC Press

February 2021 : 452pp

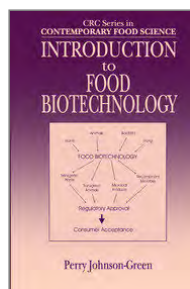
Pb: 978-0-367-19081-1 : **£68.99**

Hb: 978-0-367-68815-8 : **£175**

eBook: 978-1-003-13915-7

* For full contents and more information, visit: www.routledge.com/9780367190811

Introduction to Food Biotechnology



Perry Johnson-Green

Series: Contemporary Food Science

Unique in its approach, *Introduction to Food Biotechnology* describes, explains, and discusses biotechnology within the context of human nutrition, food production, and food processing. Written for undergraduate students in Food Science and Nutrition who do not have a background in molecular biology, it provides full explanations of many of the technically difficult aspects of biotechnology. The book addresses a comprehensive range of topics in food biotechnology: cell culture, transgenic organisms, regulatory policy, safety issues, and consumer concerns, using case studies to reinforce concepts.

CRC Press

April 2002 : 312pp

Hb: 978-0-849-31152-9 : £115

eBook: 978-1-315-27570-3

* For full contents and more information, visit: www.routledge.com/9780849311529

2ND EDITION

Developing New Food Products for a Changing Marketplace



Edited by **Aaron L. Brody** President & CEO, Packaging/Brody, Inc., Duluth, Georgia, USA, **John B. Lord** Saint Joseph's University, Philadelphia, Pennsylvania, USA

Written by world class authorities, this volume discusses formulation, sensory, and consumer testing, package design, commercial production, and product launch and marketing. Offering the same caliber of information that made the widely adopted first edition so popular, the second edition introduces new concepts in staffing, identifying and measuring consumer desires, engineering scale-up from the kitchen, lab, or pilot plant; and generating product concepts. Applying insights from real life experience, contributors probe the retail environment, covering optimization, sensory analysis, package design, and the increasingly important role of the research chef or culinologist™ in providing the basic recipe.

CRC Press

November 2007 : 612pp

Hb: 978-0-849-32833-6 : £110

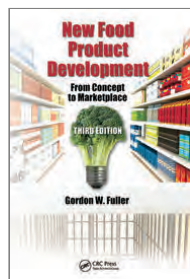
eBook: 978-0-429-12944-5

* For full contents and more information, visit: www.routledge.com/9780849328336

3RD EDITION

New Food Product Development

From Concept to Marketplace, Third Edition



Gordon W. Fuller

This new edition of a bestselling text in food product development provides a comprehensive overview of the new food product development process. Stages of development are described in detail, beginning with sources of ideas, then moving through development, final screening, and introduction into the marketplace. The author outlines ways a company can organize for new product development and utilize available resources. He focuses on the roles, functions, and interactions of the members of the food product development team as well as other company departments and outside resources.

CRC Press

January 2011 : 508pp

Hb: 978-1-439-81864-0 : £91.99

eBook: 978-0-429-06271-1

* For full contents and more information, visit: www.routledge.com/9781439818640

Transforming Food Environments



Edited by **Charlotte EL Evans**

This book features evidence from several disciplines exploring initiatives that have improved food environments and discusses the importance of achieving success in equitable and sustainable ways. It presents information on diverse food environments followed by methods that help readers become aware of the design of interventions and food policies. It covers food environments in schools, workplaces, and community centres as well as fast food establishments and food marketing. The book presents methods to help encourage better food choices and purchase of healthier foods.

CRC Press

March 2022 : 344pp

Pb: 978-0-367-48860-4 : **£45.99**

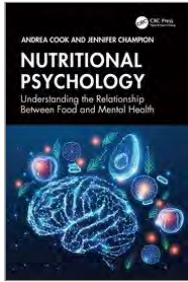
Hb: 978-0-367-48966-3 : **£175**

eBook: 978-1-003-04372-0

* For full contents and more information, visit: www.routledge.com/9780367488604

Nutritional Psychology

Understanding the Relationship Between Food and Mental Health



Andrea Cook , Jennifer Champion

Nutritional Psychology: Understanding the Relationship Between Food and Mental Health combines psychology, nutrition, and medicine to form a framework for optimizing the relationship between diet and mental wellbeing. This textbook is designed for undergraduate and graduate psychology and nutrition college courses for students pursuing careers as psychologists, dietitians, nurses, social workers, and a variety of health professionals who want to incorporate nutrition and eating behavior into their discussions with patients.

CRC Press

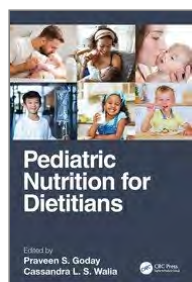
March 2025 : 280pp

Pb: 978-1-032-64014-3 : **£49.99**

Hb: 978-1-032-64760-9 : **£155**

* For full contents and more information, visit: www.routledge.com/9781032640143

Pediatric Nutrition for Dietitians



Edited by **Praveen S. Goday** Medical College of Wisconsin, USA, **Cassandra Walia**

This book is a comprehensive review of pediatric nutrition primarily for a dietitian, dietetics student, or a master's level student in pediatric nutrition.

CRC Press

July 2022 : 484pp

Pb: 978-0-367-70504-6 : **£76.99**

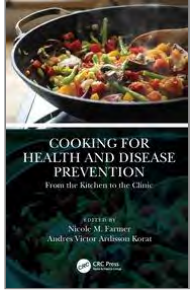
Hb: 978-0-367-70763-7 : **£175**

eBook: 978-1-003-14785-5

* For full contents and more information, visit: www.routledge.com/9780367705046

Cooking for Health and Disease Prevention

From the Kitchen to the Clinic



Edited by **Nicole M. Farmer , Andres V. Ardisson Korat**

Poor diet and substandard nutrition are underlying causes of many diseases including cardiovascular disease, diabetes, and cancer. Collectively, these ailments are the leading causes of premature death. *Cooking for Health and Disease Prevention: From the Kitchen to the Clinic* helps demonstrate cooking as a fundamental bridge between ideal nutrition and long-term health. This book provides information to clinicians and their patients about foods and cooking principles to help prevent common health conditions. It is authored by Nicole Farmer, physician scientist at the NIH Clinical Center, and Andres Ardisson Korat, awarded a doctorate from Harvard T.H. Chan School of Public Health.

CRC Press

August 2022 : 276pp

Pb: 978-1-138-30467-3 : **£45.99**

Hb: 978-1-138-30470-3 : **£175**

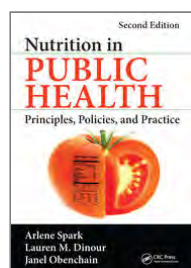
eBook: 978-0-203-72989-2

* For full contents and more information, visit: www.routledge.com/9781138304673

2ND EDITION

Nutrition in Public Health

Principles, Policies, and Practice, Second Edition



Arlene Spark , Lauren M. Dinour , Janel Obenchain

This book provides an overview of the field and focuses on the role of the Federal Government in determining nutrition policy and practice. Beginning with a review of the definition and principles of public health, the book examines trends in the US population and nutritional epidemiology. It considers programs to help reduce disparities in the prevalence of diet-related chronic diseases among various populations, as well as a detailed chapter on obesity with discussions on global impact and cost, pediatric obesity, and the impact of socioeconomic status and ethnicity. Specific information is included on breastfeeding mothers, HIV/AIDS, and prison inmates.

CRC Press

June 2021 : 648pp

Pb: 978-1-032-09828-9 : **£45.99**Hb: 978-1-466-58994-0 : **£135**

eBook: 978-0-429-16838-3

* For full contents and more information, visit: www.routledge.com/9781032098289

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