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new advances that have been made since the most recent publications in 1996, FAO and WHO considered it appropriate to convene a new expert consultation to re-evaluate the role of micronutrients in human health and nutrition. This took place in September 1998.

WHO | Vitamin and mineral requirements in human nutrition  
The application of nutrition in the protection of health and its promotion is also discussed throughout. The book involves the reader in thinking about their own nutrition, to facilitate learning. Topics covered are relevant to students on a variety of courses that include nutrition.

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grams in public health nutrition and are developing accreditation processes for other nutrition degree programs. Just as in research, having the best possible tools is an enormous advantage in teaching and learning. This is the reasoning behind the initiative to launch this series of human nutrition textbooks designed for use worldwide.

Introduction to Human Nutrition  
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Human Nutrition: 2020 Edition – Simple Book Publishing

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