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| Sommario/riassunto | Nutrition is viewed traditionally as the specific dietary requirements of different age groups, without exploring diet in the context of a life-long contributory factor to well-being. Nutrition Through the Life Cycle summarises what is known about the relationship between diet and health at different points in the life cycle, and the nutritional requirements of individuals of different ages. Nutrition policy and health promotion are discussed, together with how dietary interventions can provide long-term benefits to individuals and populations. Also covered are the major dietary challenges tha |