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Metabolism is the sum of all energy-requiring and energy-consuming processes of the body. Many factors contribute to overall metabolism, including lean muscle mass, the amount and quality of food consumed, and the physical demands placed on the human body. (credit: "tableatny"/flickr.com) Eating is essential to life.

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3.0 out of 5 stars Introduction to Nutrition and Metabolism. Reviewed in the United Kingdom on 29 May 2011. The book was in fairly good condition when it arrived, and was a reasonable price, it arrived soon after ordering. I have found it a helpful tool when completing Nutrition assignments. Read more.

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