

Public Review

Title: *The Science of Nutrition*

Author: Heather Lehman

Reviewer: Laura Weise-Cross

Dr. Heather Lehman's *The Science of Nutrition* offers a comprehensive and easily approachable overview of nutritional science for undergraduates in biology and allied health fields, as well as those in general education courses. Drawing from current scientific research and her expertise as an educator, Lehman presents nutrition as an evidence-based field rooted in biology, chemistry, and public health, while also dispelling common misconceptions driven by opinion or trends. The text is organized into clear, well-structured chapters that start with foundational concepts, such as nutrient classification, energy requirements and balance, and the anatomy of the digestive system. Chapters 4-9 then provide a thorough description of macronutrients and micronutrients, and the book ends with applied topics, such as useful dietary planning and physical activity guidelines and recommendations for individuals across all ages. Each chapter blends precise definitions with practical applications, using tables, diagrams, and real-world examples to make complex material accessible. Lehman uses engaging "Health Note" and "Fun Fact" sidebars that connect science to everyday life, while discussions of public health implications encourage students to consider nutrition's role in disease prevention and wellness promotion. The integration of physiological detail with applied health recommendations makes the book equally valuable for students aiming for health careers and those seeking to improve their own nutritional literacy. By combining scientific rigor with clarity and accessibility, *The Science of Nutrition* equips readers with both the foundational knowledge and the emphasis on evidence-based analysis needed to navigate an ever-changing food and health landscape.

Reviewer's Bio: Dr. Laura Weise Cross is an associate professor of Biology at Millersville University.