

Exploring Proteins

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incorporating the latest research and dietary guidelines discovering nutrition seventh edition

introduces students to the fundamentals of nutrition with an engaging and personalized approach written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways thoroughly updated the new seventh edition covers current nutrition topics of interest such as personalized nutrition nutrigenomics the obesogenic environment gut health microbiome plant based diet functional foods bioavailability nutrition density and gut microbiome feature boxes such as the new lifestyle medicine why is this important quick bites and more ensure students learn practical nutrition information

evolving dietary preferences increasing concerns over food security and a growing awareness of the negative impact traditional food production practices have on the environment have caused a major shift in the food landscape health nutrition and sustainability exploring unconventional food sources volume 1 addresses the surge in interest in exploring unconventional and alternative food sources that can diversify diets and become new sources of sustainable foods from the underutilized to the lesser known these foods are prime to improve nutrition and reduce ecological and carbon footprints health nutrition and sustainability exploring unconventional food sources volume 1 introduces readers to untapped food sources such as novel grains and seeds underutilized fruits and vegetables rare spices and herbs edible invasives and edible flowers and seaweed and microalgae and highlight their bioactive components and nutritional values through topics such as waste valorization precision agriculture organic farming and climate smart agriculture strategies the book also demonstrates how adaptation of underutilized plant foods play a crucial role in meeting global food security while minimizing environmental impact the authors also navigate the readers through the safety and toxicity of these foods a complementary volume highlighting the dietary sensory and gastronomic applications of unconventional foods and how they can enhance future product development is also available explores nutritional and sustainable aspects of unconventional food sources discusses ethical sourcing and environmental benefits of alternative food sources highlights innovative approaches to waste valorization by repurposing food byproducts as a source for future foods uncovers nutritional potential and bioactive components of edible flowers provides insights to the safety and toxicity of unconventional food sources

we want to examine what the scientific evidence suggests is really going on when we eat food and how we can eat and live in a way that best gives us the health benefits of a hunter gatherer lifestyle while living in and enjoying the advantages of the modern world we also hope to use the evidence to explore how we can increase our chances of avoiding chronic diseases obesity and other health problems the diseases of civilization p 7

introduction to proteins provides a comprehensive and state of the art introduction to the structure function and motion of proteins for students faculty and researchers at all levels the book covers proteins and enzymes across a wide range of contexts and applications including medical disorders drugs toxins chemical warfare and animal behavior each chapter includes a summary exercises and references new features in the thoroughly updated second edition include a brand new chapter on enzymatic catalysis describing enzyme biochemistry classification kinetics thermodynamics mechanisms and applications in medicine and other industries these are accompanied by multiple animations of biochemical reactions and mechanisms accessible via embedded qr codes which can be viewed by smartphones an in depth discussion of g protein coupled receptors gpcrs a wider scale description of biochemical and biophysical methods for studying proteins including fully accessible internet based resources such as databases and algorithms animations of protein dynamics and conformational changes accessible via embedded qr codes additional features extensive discussion of the energetics of protein folding stability and interactions a comprehensive view of membrane proteins with emphasis on structure function relationship coverage of intrinsically unstructured proteins providing a complete realistic view of the proteome and its underlying functions exploration of industrial applications of protein engineering and rational drug design each chapter includes a summary exercises and references approximately 300 color images downloadable solutions manual available at crcpress.com for more information including all presentations tables animations and exercises as well as a complete teaching course on proteins structure and function please visit the author s website praise for the first edition this book captures in a very accessible way a growing body of literature on the structure function and motion of proteins this is a superb publication that would be very useful to undergraduates graduate students postdoctoral researchers and instructors involved in structural biology or biophysics courses or in research on protein structure function relationships david sheehan *chembiochem* 2011 introduction to proteins is an excellent state of the art choice for students faculty or researchers needing a monograph on protein structure this is an immensely informative thoroughly researched up to date text with broad coverage and remarkable depth introduction to proteins would provide an excellent basis for an upper level or graduate course on protein structure and a valuable addition to the libraries of professionals interested in this centrally important field eric martz *biochemistry and molecular biology education* 2012

proteins structure and function is a comprehensive introduction to the study of proteins and their importance to modern biochemistry each chapter addresses the structure and function of proteins with a definitive theme designed to enhance student understanding opening with a brief historical overview of the subject the book moves on to discuss the building blocks of proteins and their respective chemical and physical properties later chapters explore experimental and computational methods of comparing proteins methods of protein purification and protein folding and stability the

latest developments in the field are included and key concepts introduced in a user friendly way to ensure that students are able to grasp the essentials before moving on to more advanced study and analysis of proteins an invaluable resource for students of biochemistry molecular biology medicine and chemistry providing a modern approach to the subject of proteins

proteins a structural biology perspective explains how advances in modern physics fueled the birth of structural biology and modern molecular biology in the early to mid 20th century scientifically rigorous and deeply informed by the author s own 60 year career as a structural biologist the book provides historical and personal accounts of how two generations of renowned scientists doggedly pursued their research projects to arrive at milestone achievements while also covering basic aspects of protein structures and their evolution with a special focus on molecules at the surface of cells and viruses since 1962 when only a single structure for myoglobin had been determined at atomic resolution the rapidly evolving field has grown exponentially to fill protein structure databases pdb worldwide with hundred thousands of structures for basic research and medical advancement from what is a wave to what is life proteins a structural biology perspective takes readers on a uniquely intimate journey through the past 100 years of protein science while providing an up to the minute assessment of successful structure prediction by ai models like alphafold and rosettafold and where it s all likely to lead outfitted with detailed illustrations and authoritative citations this is a valuable resource for graduate students and young research scientists in biology and the medical sciences provides readers with the knowledge and mindset necessary to explore the molecular intricacies of biological systems through the lens of protein structures focuses on two points from genomic perspective and from protein protein interaction view of protein structures

proteins are frequently composed of multiple domains which fold independently these are often evolutionarily distinct units which can be adapted and reused in other proteins the classification of protein domains into evolutionary families facilitates the study of their evolution and function in this thesis such classifications are used firstly to examine methods for identifying evolutionary relationships homology between protein domains secondly a specific approach for predicting their function is developed lastly they are used in studying the evolution of protein complexes tools for identifying evolutionary relationships between proteins are central to computational biology they aid in classifying families of proteins giving clues about the function of proteins and the study of molecular evolution the first chapter of this thesis concerns the effectiveness of cutting edge methods in identifying evolutionary relationships between protein domains the identification of evolutionary relationships between proteins can give clues as to their function the second chapter of this thesis concerns the development of a method to identify proteins involved in the same biological process this method is based on the concept of domain fusion whereby pairs of proteins

from one organism with a concerted function are sometimes found fused into single proteins in a different organism using protein domain classifications it is possible to identify these relationships most proteins do not act in isolation but carry out their function by binding to other proteins in complexes little is understood about the evolution of such complexes in the third chapter of this thesis the evolution of complexes is examined in two representative model organisms using protein domain families in this work protein domain superfamilies allow distantly related parts of complexes to be identified in order to determine how homologous units are reused

proteins form an essential part of all living creatures introducing the chemistry behind our biology this book describes the 4 billion year evolutionary history of proteins discusses their structure and explores what happens when proteins go wrong looking forward it includes recent discoveries of the therapeutic potential of proteins

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