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Lori A. Smolin, Mary B. Grosvenor



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Nutrition Lori A. Smolin, Mary B. Grosvenor, Debbie Gurfinkel, 2020-06-23 *Nutrition Science and Applications* 3rd Canadian Edition provides students with a strong foundational knowledge of human nutrition covering all essential nutrients their functions in the body and their sources and dietary components Presenting an innovative critical thinking approach to the subject this leading textbook goes beyond the basics to explore underlying nutrition processes while discussing the latest research debates and controversies related to nutrition and health The text offers an accessible visually rich presentation of topics designed to be highly relevant and relatable to Canadian readers The ideal text for college level nutrition courses this new edition features extensively revised and updated content throughout aligning with the latest nutrition research recommendations guidelines and Canadian government regulations The authors real world approach enables students to apply concepts of nutrition science in their own lives as consumers and in their future careers as scientists and health professionals Balanced coverage of fundamental nutrition topics integrates with comprehensive discussion of nutrient metabolism health and disease relationships dietary patterns Canadian and global nutrition issues and much more

Nutrition Lori A. Smolin, Mary B. Grosvenor, 1997 This introductory nutrition text is intended for a first course in nutrition taken by anyone from non science majors to nutrition majors It teaches students the basic principles of nutrition science and how to apply them to food choices as well as nutrition information they encounter By integrating the theme of choice throughout *Nutrition Science and Applications* Third Edition helps students understand that each dietary choice makes up only one component of an overall diet The third edition also continues the integrated approach by incorporating health and disease metabolism cultural diversity and life stage topics into each chapter The third edition continues this text's reputation of unparalleled currency among nutrition texts by including new and expanded coverage of the following topics The Dietary Reference Intakes DRIs nutrition and gene expression regulation of body weight dietary supplements and environmental issues

Nutrition Lori A. Smolin, Mary B. Grosvenor, 2007-06-11 Obesity has become a major health issue throughout the world but many people just aren't aware of the proper nutrition needed in a diet Smolin guides readers through the science of nutrition providing real world examples to show them how to apply this information to their lives Each chapter delves into the strong science base while exploring the basis of current nutrition recommendations This approach will help readers effectively evaluate new information that they encounter

Nutrition Lori A. Smolin, Mary B. Grosvenor, 2003 Ice cream or sorbet red meat or fish fruits or pastries eggs or oatmeal our lives are filled with choices about what we eat That's why Lori Smolin and Mary Grosvenor's *Nutrition Science and*

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Nutrition Lori A. Smolin,2007-07-09 Nutrition Lori A. Smolin,Mary B. Grosvenor,2011-08-24 Guiding nutritionists toward an understanding of the scientific principles underlying what they know about nutrition this book helps them gain effective decision making skills about nutritional choices Unique Science Applied boxes answer the questions about how we learn what we know about the science of nutrition and why knowledge changes Critical Thinking exercises included in each chapter allow them to learn the basics of how to think about a problem or situation creatively and critically A case study is also included in each chapter that builds interest in the material Each chapter then concludes with a postscript that solidifies the nutritionists understanding of the links between the science and application **Nutrition** Lori A. Smolin,2001-08-01

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