NUTRITION

AN APPLIED APPROACH SIXTH EDITION





JANICE THOMPSON

MELINDA MANORE

Nutrition An Applied Approach Update

Janice Thompson, Melinda Manore

Nutrition An Applied Approach Update:

Nutrition Janice Thompson, Melinda Manore, 2017 This text introduces nutrition in an innovative applied presentation that helps you retain the material long after you leave the class Recognizing the natural interest students have in nutrition the authors demonstrate how it relates to your health and everyday life and examine commonly held misconceptions

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and electrolyte balance antioxidant function bone health and energy metabolism and blood health areas of particular importance to instructors Students can easily grasp this conceptual framework for understanding the role nutrients play in their bodies and overall health Along with a host of engaging new features including 11 new In Depth mini chapters that follow each main chapter a selection of interactive nutrition animations covering a wide range of topics and useful in text features including self assessments and Eating Right All Day meal suggestions organized by chapter topics the Third Edition includes updated theory and research findings developing trends and tools to help students identify and challenge nutritional myths and misperceptions This package contains Books a la Carte for Nutrition An Applied Approach Third Edition Access Code Card for MyDietAnalysis 2010 Dietary Guidelines DRIs and MyPlate Update Nutrition Janice Thompson, Melinda Manore, 2008-03-07 Package consists of 0205393322 9780205393329 AWHE Blackboard Student Access Card 0321807723 9780321807724 Nutrition An Applied Approach with 2010 Dietary Guidelines DRIs and MyPlate Update Study Card

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