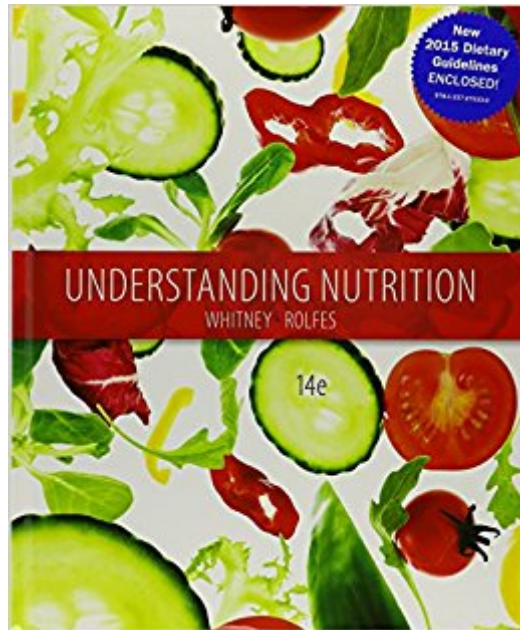




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Understanding Nutrition: Dietary Guidelines Update



Synopsis

With more than 1 million readers, bestselling UNDERSTANDING NUTRITION emphasizes strong science and nutrition basics, hands-on learning, and the most current coverage available. Packaged with the 2015 Dietary Guidelines, the 14th Edition includes new and updated topics in every chapter, quick-reference tables, expansive weight loss information, thorough coverage of fitness and energy systems, and much more. Readers quickly connect with the text's approachable writing style and carefully developed art program, and its emphasis on active learning includes a rich variety of ways to help you put what you learn into action. You will also be challenged to evaluate your own dietary choices and set healthy goals through activities in the Diet & Wellness Plus digital app. In addition, through the MindTap for Nutrition companion online program, you can create a customizable learning path to walk you step by step through the course.

Book Information

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Customer Reviews

Eleanor "Ellie" Noss Whitney grew up in New York City and received a BA in English from Radcliffe/Harvard University and her PhD in biology from Washington University. She has taught at both Florida State University and Florida A&M University and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times through the years. She also has written newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT. In addition to teaching and writing, Dr. Whitney has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Sharon Rady Rolfes is a registered dietitian nutritionist and a founding member of Nutrition and Health Associates, an

information resource center that maintains a research database on more than 1,000 nutrition-related topics. She has taught at Florida State University and coauthored several college textbooks, including UNDERSTANDING NUTRITION and UNDERSTANDING NORMAL AND CLINICAL NUTRITION. In addition to writing, she serves as a consultant for various educational projects and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, Ms. Rolfes received her M.S. in Nutrition and Food Science from Florida State University.

I wasn't expecting to write a review for this, honestly, but I was impressed. It's very well-written and has a lot of unbiased, helpful information for laypeople as well as students. I kind of wish I had purchased it instead of renting it for school - I'll be sad to send it back.

I will keep for reference. The loose leaf allows me to carry a few chapters at a time and can study anywhere--without the weight of this very large textbook. The format of the chapters repeats points that enhances your learning without even realizing it.

Excellent textbook as well as a reference book! Anything you need to know about nutrition is contained in the text as well as the indices. A great book to keep on your bookshelf long after you take the course!

The information presented in this text is very out of date.

I didn't have a chance to use this book as it was a rental and I dropped the class. But, from what I could see from skimming the book, it seems to be right on the money.

Nice book, I used it for my basic nutrition class. I learned quite a bit from this book and enjoyed reading it. Pretty easy to read and understand. Lots of graphs and charts that make for easy understanding.

I had to have this book for my college course of Nutrition. But the book was so expensive that I did not want to buy it and I only bought online access code first. However after working through the middle of the semester I decided to buy the whole book for my own personal reference because it has an amazing amount of information. And it is very thick, hard cover, ton of objective information,

really worth the money.

Nutrition information

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