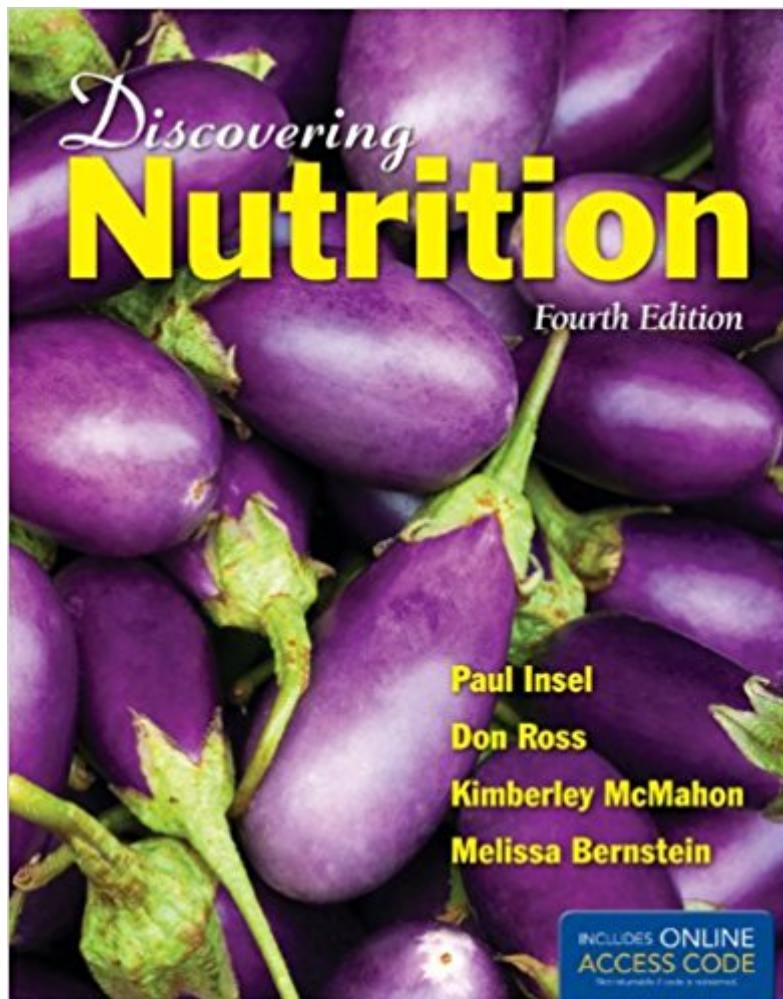


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Discovering Nutrition



Synopsis

Discovering Nutrition, Fourth Edition is a student-friendly introduction to nutrition on a non-majors level. Coverage of material such as digestion, metabolism, chemistry, and life cycle nutrition is clearly written, accessible, and engaging to undergraduate students. New to the Fourth Edition

- Upgraded and modernized interior layout
- The 2010 Dietary Guidelines and MyPlate
- New section on diet and health, including sections on obesity and physical activity
- Vitamin and mineral supplements
- Spotlight on childhood obesity
- Hypertension
- New pregnancy weight gain guidelines from the Institute of Medicine and the National Research Council
- Expanded information regarding Celiac Disease
- More content on nutrition and disease
- Information on the Mediterranean diet; food guides of other countries

Book Information

Paperback: 690 pages

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Average Customer Review: 4.5 out of 5 stars 32 customer reviews

Best Sellers Rank: #92,056 in Books (See Top 100 in Books) #90 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #948 in Books > Health, Fitness & Dieting > Nutrition #1251 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Great textbook for a Nutrition class or learning about nutrition. The only reason I rated it a 4 instead of a 5 is only because it's paperback and I prefer hard covers especially for textbooks . Mostly because of the constant flipping through the pages back and forth.

This book is very suitable and informative for those who are going into a medical or nutrition field. I was able to get a lot from it for the class I needed it for.

Kind of wish I had bought this book instead of renting it. It is very informative and allowed me to really understand my own health.

Needed for my nutrition course. Arrived quickly and as described! Have spent many hours with this book!

good book

Learn a great deal about health and nutrition...very glad to have purchased book

Very informative

The access code was not for the eat right software. It was just for the study guide... I had to purchase a whole new access code after buying this

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