

Nutrition: An Applied Approach, MyPlate Edition, 2011, 720 pages, Janice J. Thompson, Melinda Manore, 0321830180, 9780321830180, Pearson Education, 2011

Nutrition: An Applied Approach, MyPlate Edition, Third Edition 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. This book focuses on the functions of vitamins and minerals and relates them to everyday health issues that you can easily grasp. The applied content is focused on four key chapters—fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health. Along with a host of new features, the Third Edition includes updated theory and research findings, developing trends, and tools to challenge nutritional myths and misperceptions. The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes. The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes. 0321813707/ 9780321813701 is a standalone book that contains a pin code to a free website (Companion Website). There is no access code card. If you want the book/access card order the ISBN below: 0321886860 / 9780321886866 Nutrition: An Applied Approach, MyPlate Edition with MyNutritionLab plus MyDietAnalysis Package consists of 0321813707 / 9780321813701 Nutrition: An Applied Approach, MyPlate 0321816048 / 9780321816047 NEW MyNutritionLab with MyDietAnalysis with Pearson eText -- ValuePack Access Card -- for Nutrition: An Applied Approach, MyPlate Edition B B B

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