



Understanding Nutrition (Available Titles CourseMate)

Eleanor Noss Whitney, Sharon Rady Rolfes

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This best-selling introductory nutrition text is praised for its approachable narrative, engaging presentation, and careful explanations. The new Twelfth Edition of Whitney and Rolfes' UNDERSTANDING NUTRITION takes the study of nutrition to a new level with an emphasis on active learning, assignable content, and integrated resources. From its beautiful and carefully developed art program to its strong science base, contemporary coverage, and market-leading supplements, the Twelfth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20 chapters beginning with core nutrition topics; such as, diet planning, macronutrients, vitamins and minerals, and following with chapters on diet and health, fitness, life span nutrition, food safety, and world hunger. UNDERSTANDING NUTRITION connects with students--engaging them as it teaches the basic concepts and applications of nutrition. Take a fresh look at UNDERSTANDING NUTRITION.

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