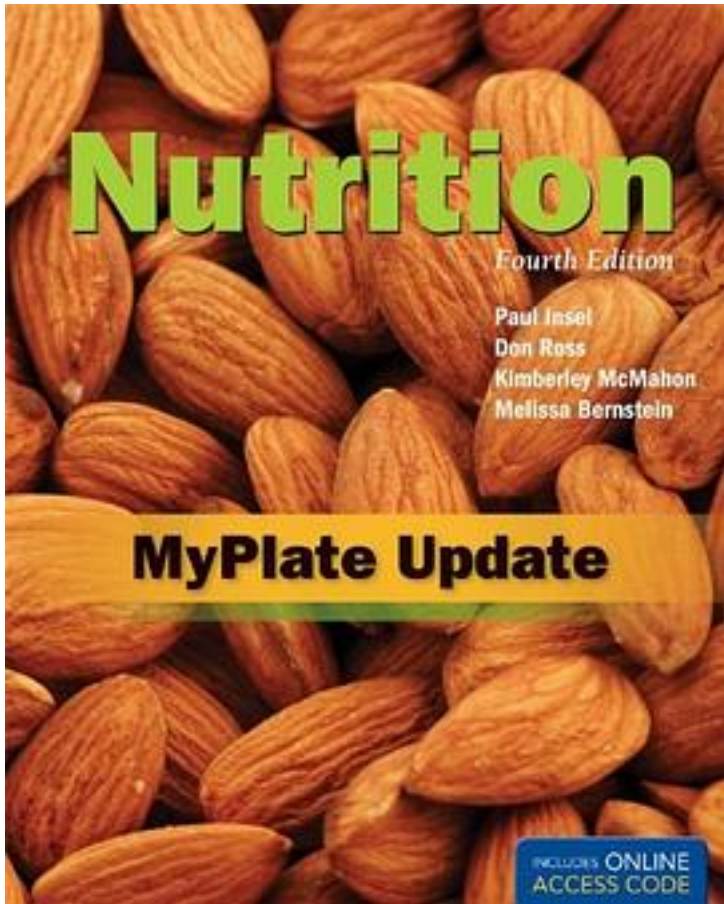


Nutrition



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Nutrition: An Applied Approach Update contains the most current information on the recently-released MyPyramid system (which replaced the Food Guide Pyramid) and the new 2005 Dietary Guidelines for Americans. As in the First Edition, the Update presents introductory nutrition information to non-majors in an applied format that discourages

memorization and promotes long-term understanding of the material. The Role of Nutrition in Our Health, Designing a Healthful Diet, The Human Body, Carbohydrates, Fat, Proteins, Fluid and Electrolyte Balance, Antioxidant Function, Bone Health, Energy Metabolism and Blood Formation, Energy Balance and Weight Management, Physical Activity, Disordered Eating, Food Safety and Technology, Nutrition in Pregnancy and the First Year of Life, Nutrition from Childhood to Late Adulthood. For all readers interested in learning the basics of introductory nutrition.

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