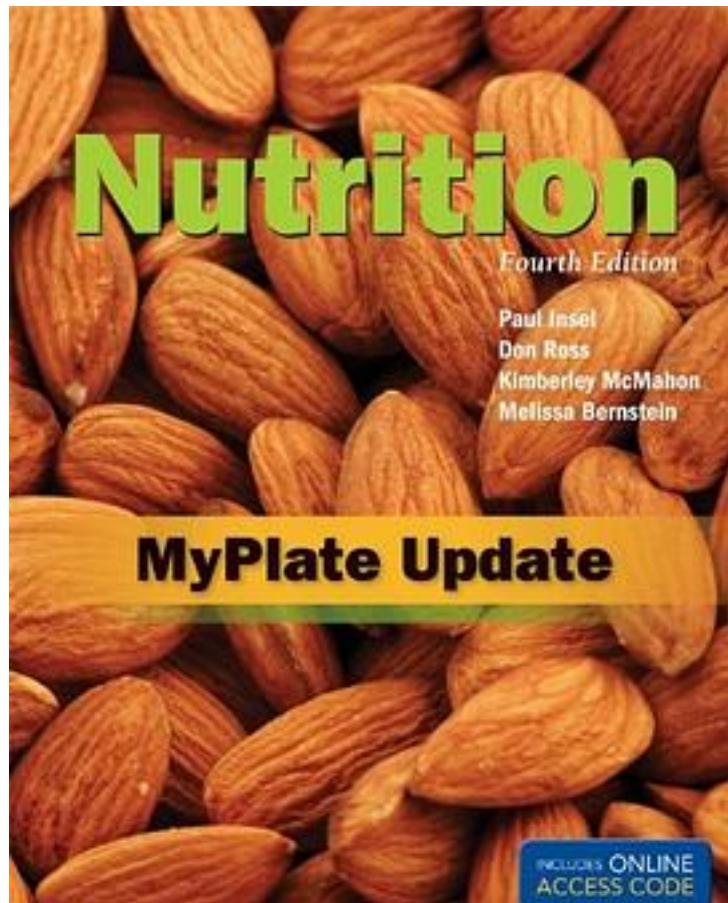


# Nutrition



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出版者:

出版时间:2008-2

装帧:

isbn:9780130612243

Nutrition: Real People, Real Choices is a unique and engaging new text that gives instructors flexibility that they've never had before in an introductory nutrition course. Maintaining the appropriate level of science, Nutrition: Real People, Real Choices presents nutrition in the "Plate to Mouth" format that ensures that students learn

about the science of nutrition as they deal with it everyday; by learning about the food on their plate first (the macronutrients), what happens as they eat it (with digestion and metabolism), and how that gives them energy for their body (with discussion of the micronutrients). In addition, instructors have the added flexibility of being able to assign and test-on "hot topic" coverage as features are integrated within the text (rather than being relegated to screened boxes). This text gives student real and practical information they can apply to their daily lives in a context they can understand. Practical information includes Self-Assessments, Case Studies, and cutting-edge content, encouraging students to apply what they have learned to their own life.

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