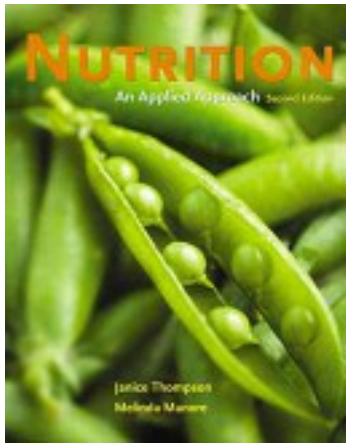


# Nutrition: An Applied Approach



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The Second Edition of Nutrition: An Applied Approach, presents introductory nutrition information to non-majors in an applied format that discourages memorization and promotes long-term understanding of the material. The authors capitalize on students' natural interest in nutrition by demonstrating how it relates to their health and their everyday lives, and by addressing- and debunking- commonly held misconceptions students have. The applied nature of the book is also reflected in the functional organization of the micronutrient chapters. The Role of Nutrition in Our Health, Designing a Healthful Diet, The Human Body: Are We Really What We Eat? Carbohydrates: Plant-Derived Energy Nutrients, Alcohol, Fat: An Essential Energy-Supplying Nutrient, Proteins: Crucial Components of All Body Tissues, Vitamins and Minerals: Micronutrients with Macro Powers, Nutrients Involved in Fluid and Electrolyte Balance, Nutrients Involved in Antioxidant Function, Phytochemicals and Functional Foods, Nutrients Involved in Bone Health, Nutrients Involved in Energy Metabolism and Blood Health, Achieving and Maintaining a Healthful Body Weight, Nutrition and Physical Activity: Keys to Good Health, Disordered Eating, Food Safety: Impact on Consumers, Nutrition Through the Lifecycle: Pregnancy and the First Year of

Life, Nutrition Through the Lifecycle: Childhood to Late Adulthood, Global Nutrition.Intended for those interested in learning the basics of nutrition.

作者介绍:

Janice Thompson is a Christian freelance author and a native Texan. She resides in the greater Houston area near her grown children and infant granddaughter. Janice has published over fifty articles and short stories, as well as thirty full-length novels and non-fiction books (most romance and/or Texas themed). She's thankful for her calling as an author of Christian fiction.

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