



JOAN SALGE BLAKE

# Nutrition & You

Joan Salge Blake

**Nutrition and You Value Package (includes MyNutritionLab with MyDietAnalysis Student Access Kit for Nutrition and You)**



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Well, I have to admit, I read the directions and got a calculated risk. You truly are not missing whatever you cannot access online. Additionally there is good info but I think this book is worthwhile for those who know almost nothing about nutrition, and even after that I'd recommend a different reserve before that one. Even my professor acknowledged my issues. Additionally there is an online site that you can gain access to with or without the reserve (some stuff you don't even need the gain access to code) with chapter testimonials, and quizzes that is helpful. When I find phrases in every caps, I imagine some delirious one who more than likely didn't read the instructions. I did learn some stuff that I am actually trying to use in my life. It certainly got me considering my health insurance and necessary changes in lifestyle. The single most significant thing in text books today: the online access code.. 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