

NUTRITION

An Applied Approach *Second Edition*

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Janice Thompson and

Nutrition: An Applied Approach Value Package (includes MyNutritionLab with MyDietAnalysis Student Access Kit for Nutrition: An Applied Approach) (2nd Edition)



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All things considered, very informative. I ordered the next edition used for an extremely low price. Keeping in mind that it's out of date, I still find it very informative. I just started scanning this text book for a Nutrition class and I must say, of the many text books I have read in my own college years that one is growing to be among the easiest to learn. I'm on a particular diet (AIP) for an autoimmune disorder, and I wanted to better understand why diet is important and precisely what is going on in your body. I don't buy into the diet that this publication recommends, but I can still appreciate the value of the author's knowledge. There is indeed much straight-forward info packed into this publication in fact it is very useful. Digital edition still refers to page numbers. I'm only about a 3rd of just how through, but I currently feel I acquired my money's worth. I must say I loved the construct of it Bought this book because We needed it for my diet program. Digital edition has 2 licenses, so that you can have it installed on your own notebook and dorm computer or your phone and your laptop, etc. In addition they do a great job at keeping sections from dragging on, and actually add in quirky stories to split up the reading (they are pretty cheesy stories, but serve their purpose). The only criticisms I have is that the questions/quizzes at the end of the chapter don't always mirror everything you just learned, and others certainly are a little bit complicated when you uncover what the answer is really. Also, some information ought to be touched on a bit more in the primary text of the book and then in more detail in the boxed off sections, such as equations etc (I understand they already do this, but if I'm going to be asked on how best to convert and what not in quizzes, I'd like a little more emphasis that I Will have to practice this a little more, if that makes any sense at all? I have a very basic understanding of technology and biology, nothing past senior high school, but I'm able to understand everything in this publication so far. Good alternative for the book, but zero page numbers :(This is a great buy unless you want or can't afford the \$100+ new edition of the written text.. Tons of worth-while information that's worth knowing! It had been optional to have this for my online fundamental of human being nutrition class this semester, but I'm so pleased that I went forward and first got it. I think this is a good book for someone who just wants an over-all knowledge of how the body processes nutrition. Unlike various other boring textbooks, that one is filled with information that is actually relative to everyone's life and it is not boring to read. Very readable, filled with practical knowledge. Nutrition 101 for an excellent used price I enjoy knowing how to consume for my wellness. Half cost of paper version will probably be worth it.. We also learned in simple terms health problems that some people have and how the composition of food affects your health. A lot of pictures, stories, and definitions.. Nevertheless, though I am only a few chapters in, predicated on what I've read I'd definitely recommend this reserve to future nutrition college students/classes. The only qualm I have will there be aren't any page amounts, just "places". It did an excellent job of splitting up texts with diagrams. Be sure that you check with your professor that you can bring your laptop/device to class. The look elements were in a position throughout and the visuals had been appealing. Book is perfect Helped me complete NUTRITION class Five Stars Good Five Stars Exceptional Read and insightful as well. So when my teacher asks us to turn to page so and so, I'll have too appearance off my neighbor that has the physical text message, see what the web page looks like, then click through to think it is myself. "Review this on page 63 . though it doesn't have page numbering. Its sort of annoying that it isn't bound Its kind of annoying that it is not bound, the pages have become thin and rip out of the binder easily.org site). Thank you kindle to make it cheap First of all, thank you Amazon for making this textbook kindle available. I learned a whole lot out of this book, despite listening to many podcasts about them. Now to the professionals of the kindle edition...Benefits: Cheaper than paper. Yes, even though you don't have a Kindle you can examine

it on your pc or your phone/tablet. Digital edition cons: Image resolution is usually horrible. A great book of fundamentals for visual learners. picture resolution or size should be better, specifically for the tables (you'll be quizzed on some). great read! It is a satisfying and informational examine! I can't think about anyone who wouldn't reap the benefits of reading this book. Hope this helps! Some pros think it is rude if you perform it without requesting. There are excellent practical examples of steps to make the proper choices, read nutrition labels, and to have a varied health intake..” or ”start to see the dialogue on web page 211”. This does not really help. The authors do a great job at giving you simple to understand descriptions and images to clarify any complicated points. General edition cons: Another edition arrived in 2011, yet it has references to sites plus some phenomenon that are extinct since 2004 (like McDonald's supersize menu, and mypyramid. I would save yourself some cash and just choose the code and utilize the e-text message for your class. Significantly, if you you are to have a textbook every 6 months at least upgrade the content, not just slap a fresh label and ISBN on it... The content is clear and straight forward. I really loved the lay out of it. Everything was no problem finding and in a logical purchase. I used it on my tablet for the semester and didn't have a problem with it. I have the Kindle system on my notebook, so it may have page figures on the actual Kindle device. I don't even know what which means! This publication features tables and full-page text-packed illustrations that are almost unreadable on digital edition. So other than the page number circumstance, the books perfect. Five Stars We love that I really do not have to spend so much money about the book Five Stars Very good book One Star book was in poor sgape Text book, required reading Text book, necessary reading.



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