

A close-up photograph of a woman with dark hair, smiling warmly at the camera. She is wearing a green long-sleeved shirt and is in the process of eating sushi. She holds a pair of light-colored wooden chopsticks, which are positioned over a white plate. The plate contains several pieces of nigiri sushi, including one with salmon and others with white fish and green garnishes. The background is softly blurred, showing what appears to be an indoor setting with a dark couch and some greenery.

Nutrition

CORE CONCEPTS FOR GOOD HEALTH

& You

Joan Salge Blake

Joan Salge Blake

Nutrition & You: Core Concepts for Good Health



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Nourishment & majors and nonmajors editions, this new text message addresses the requirements of the growing consumer market through a focused overview of key nutrition topics and a hands-on, lively approach to useful details for everyday good nourishment and wellness. You: Core Concepts for Good Health can be an exciting new title in the introductory customer nutrition market. Drawing on the strengths cultivated in Joan Salge Blake' It exceeds important competitors on the market through its targeted content material, useful features, lively readability, and accessible style—you with practical information and engaging equipment that help you create positive changes in your nourishment and overall health, while covering the elements essential to a consumer-oriented introductory nutrition course. Through the use of short, focused concepts rather than longer chapters, this text message provides all intended to engage you and encourage you to use this new knowledge to your daily life.



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