

A close-up photograph of several asparagus spears. The spears are green with some brownish-purple tips, indicating they are fresh. They are arranged diagonally across the frame, with some in sharp focus and others blurred in the background. The lighting is bright, highlighting the texture of the asparagus scales.

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# THE SCIENCE OF NUTRITION

SECOND EDITION

Janice J. Thompson and  
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The Science of Nourishment, Second Edition is uniquely organized using an applied approach, which organizes vitamins and minerals based on their features and effects on the body. The Second Edition adds new learning aids to further help you find out and apply the material. Additionally, learning helps have already been expanded, including a fresh version of MyDietAnalysis, available in both on the web and CD-ROM forms. This applied approach is most evident in the functional corporation of the micronutrient (supplement and mineral) chapters. Rather than requiring you to memorize all the minerals and vitamins and their features, the authors present them based on their features (like liquid and electrolyte stability, antioxidant function, bone health, energy metabolism, and bloodstream and immunity health), to be able to understand their results on the body.



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Well laid out. Very detailed. I actually unwisely decided to take a semester-in-a-month class. Which means I'm having to read and digest (ha ha) this textbook at the velocity of light. The book arrived on time, there was no harm, and it's really a great offer for those who are college kids like me looking for a good price on textbooks! A good seller for certain I thought this publication was very interesting. There are a great number of images and charts inside that also assist you to understand the material. The textbook is extremely filled with information and is not light reading. However they break the chapters into headings and subheadings, and recap every section in a clear and easy to understand way. The chapters are accompanied by math examples to help you calculate nourishment needs, a review summary and extra test questions and case profiles. After that it gives you some chapter objectives and tells you where those goals are covered in the written text. Paper would work, not heavy, not too thin. At least not really if you're new to the sciences and diet. The content is fantastic, however. I rented the textbook but think that I will buy because I believe it'll be a helpful source later on as well since I have at least 2 more nutrition courses I'm required to take. The only reason I rented this was because it's required for a class, I'm usually very happy with my Amazon rentals but this book is written on and the binding is falling apart it was just delivered yesterday and I'm contemplating on returning it but I don't know if I'll get an equally awful condition book if I order another one. I'm usually happy with my Amazon rentals but this book is written. Shipping and delivery was fast and the reserve arrived perfectly. Not really light reading by any stretch, but a rock-solid text. An excellent vendor for sure! It had been a textbook for one of my university classes. The good thing is, this textbook is extremely well laid out. For College It was useful for my college course but it was also great to learn about how I could get the very best nutrition from food Suitable textbook That is a class textbook. I am taking this course online, the instructor provides questions and I search for the answers. I am about 50 % way through and so far locating the answers. Nice layout in the publication, I like the Recaps and it suits my needs perfectly. But don't believe you can read the summaries and skate by with the written text. Great explanatory drawings and graphs. The text gives you a short 5-question pre-quiz before you start a chapter, to check how much you THINK you know about nutrition. Rent it! Book condition The health of the book is in fair condition. Diet is a very personal thing for each and every specific and beliefs on nurturing food change from country to country. This is very disappointing. Definite worth the buy School reserve for my son amazing price and condition. The only suggestion I've is to have it bundled with MyDietAnalysis access code so students don't need to buy it separately. Five Stars Great price. I gained an A in that class but I really do feel this reserve has a large amount of BS in it. The binding is extremely loose. In addition to digestion essentials (which are extremely complex) they cover a whole lot of ancillary areas, such as for example diseases impacting the GI tract and those diseases that are contributed to by poor diet. Saved me money buying here versus campus bookstore This was just what was needed for my course!! Identical book I necessary for my class!! Great conditions Found its way to good conditions.



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