

Nutrition

and You

Joan Salge Blake

Second Edition

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With a new Consumerism chapter, improved art and photos, and timely updates, this Second Edition of Nutrition & You personalizes nutrition—assisting you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information. After reading this reserve, you'll understand to believe critically about information sources and the claims manufactured in the popular press and online. You're encouraged to relate the science of diet to your personal dietary habits, assisting you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. Throughout, each supplement and mineral are launched in self-contained spreads, called Visual Summary Tables, that assist you to learn to determine the key aspects of each nutrient instantly.



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