



THIRD EDITION

NUTRITION

An Applied Approach

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Janice J. Thompson and
Nutrition: An Applied Approach



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Nutrition: An Applied Approach, MyPlate Edition, Third Edition introduces diet in an innovative, applied presentation that helps you retain the material long once you leave the course. The applied content material is targeted on four key chapters—fluid and electrolyte stability, antioxidant function, bone wellness, and energy metabolism and blood health. Along with a host of fresh features, the Third Edition includes updated theory and research findings, developing tendencies, and tools to challenge nutritional myths and misperceptions. Recognizing the natural interest learners have in nourishment, the authors demonstrate how it relates to your health and everyday life, and examine typically held misconceptions. This publication targets the functions of vitamins and minerals and relates them to everyday health issues that you can easily grasp.



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All things considered, very informative. I ordered the next edition used for a very low price. Remember that it's outdated, I still think it is very informative. I'm only about a 3rd of the way through, but I currently feel I got my money's worth. Good alternative for the book, but zero page numbers :(This is an excellent buy unless you want or can't spend the money for \$100+ new edition of the written text. Everything was easy to find and in a logical purchase. Its sort of annoying that it is not bound Its sort of annoying that it isn't bound, the pages are very thin and rip out from the binder easily. I think this is an excellent book for somebody who just wants a general knowledge of how the body processes nutrients. great read! I just started scanning this text book for a Nutrition course and I must say, out of all the text books I have read in my college years this one is growing to be one of the easiest to learn. The only criticisms I have is that the questions/quizzes at the end of the chapter don't always mirror what you just learned, and others are a bit confusing when you find out what the answer really is. The authors execute a great job at giving you simple to understand descriptions and pictures to clarify any complicated points. I don't even understand what that means! This content is clear and self-explanatory. There are great practical examples of steps to make the proper choices, read nutrition labels, and to have a varied health intake.). Diet 101 for a great used price I enjoy knowing how to consume for my wellness. It is a satisfying and informational read! We also learned basically health problems that some individuals have and how the composition of meals affects your health. It was optional to have this for my online fundamental of human nutrition class this semester, but I'm so glad that I went forward and got it. There is indeed much straight-forward information packed into this publication and it is very helpful. I'd save yourself some cash and just buy the code and utilize the e-text for your course. I can't think of anyone who wouldn't reap the benefits of reading this book. However, though I am just a few chapters in, based on what I've read I'd definitely recommend this reserve to future nutrition learners/classes. I learned a lot from this book, despite hearing many podcasts about them. Also, some information should be touched on a bit more in the primary text of the book and then in greater detail in the boxed off sections, such as for example equations etc (I understand they already do that, but if i'm going to end up being asked on how to convert and what not really in quizzes, I'd like a little more emphasis that I WILL need to practice this a little more, if which makes any sense at all? A great deal of worth-while information that's worth knowing! A lot of pictures, tales, and definitions. Very readable, filled with practical knowledge. I'm on a particular diet plan (AIP) for an autoimmune disorder, and I needed to better understand why diet is important and precisely what is going on in the body.. They also do a great job at keeping sections from dragging on, and even add quirky stories to break up the reading (they are pretty cheesy tales, but serve their purpose). So when my instructor asks us to carefully turn to page therefore therefore, I'll have too appearance off my neighbor which has the physical text, see what the web page looks like, then click on through to find it myself. image quality or size should be better, especially for the tables (you will be quizzed on some). I really loved the lay out of it. Be sure that you consult with your professor that you could bring your laptop/gadget to class. Some profs find it rude if you do it without requesting. Hope this can help! I have a very basic understanding of technology and biology, nothing at all past senior high school, but I am able to understand everything in this publication so far. Unlike other boring textbooks, this one is filled up with information that is actually in accordance with everyone's existence and it is not boring to go through. The look elements were in a position throughtout and the visuals had been appealing. Half cost of paper version is worth it....Benefits: Cheaper then paper.org site). Digital edition cons: Image resolution is horrible. This publication

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