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UNDERSTANDING

Nutrition

Eleventh Edition

ELLIE WHITNEY | SHARON RADY ROLFES

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Ellie Whitney and
Understanding Nutrition



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This is the most widely used introductory nutrition text used by students from all over the world and you may see that it is a text worth keeping! Linked chapter by chapter to the CengageNOW, a fresh online resource that delivers you with PERSONALIZED Research tools, Thomson Audio Research Items, animations that clarify complex processes, plus much more, this Eleventh Edition of UNDERSTANDING Nourishment features all you need to keep an eye on this quickly evolving field. UNDERSTANDING NUTRITION is at the forefront of the latest advances in human nutrition-helping you understand what the scientific information tell us about human diet and health.and show you through every important subject covered in the current nutrition courses. Ellie Whitney and Sharon Rady Rolfes start out with the basics-an intro to the nutrients; Not only will this best-selling reserve assist you to excel in your nourishment course, Whitney and Rolfes' UNDERSTANDING NUTRITION will also show you in applying the most up to date nutrition research and display the relevance to your have life.



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I really like this book. It is not the typical nutrition book that discusses apples and oranges. Used this book for a course a few years ago. I want that she would have gone into a little more detail about the choice health stuff that you find in health food shops as I store there alot.. It not only tells you where you should be at ht/wt wise but also where your waistline line should be and even calculations for that. Very Informative The book is a great text book for those studying nutrition. I just bought the publication and its so huge, there was not enough time to read all of it, but, what I've read is informative. Additionally it is a great book for someone who just wants to know more about the subject. The book arrived promptly and in good shape. Four Stars This book gives a comprehensive study of Nutrition. The training course supposedly needed xthe NEWER edition, but I made a decision to get this one and save over \$100 dollars! SAME Details, DIFFERENT COVER! Nutrition My godaughter needed this on her behalf nutrition class and it had been outrageous in cost and availability I seems to be a good reference source I have never feedback anything rather than this Wow that is such an excellent service due to cheaper price with same quality. Five Stars Exactly like its its newer version for a fraction of the price. Five Stars thank you school book i loved this course, bying college books online is is the best thing. Pass, no pass It wasn't the edition I needed but it worked ok I bought this book for my nutrition program within my community college. I purchased the previous season edition though. The product shipped quickly and the publication was in great condition, thanks! might be just a little outdated but overall a good purchase. The publication arrived promptly and in good .. This books demonstrates how to calculate your Body Mass Index, how to compute the amt of proteins, carbs and fats you need in your diet plan specifically for your weight and there is an index in the trunk that acts as a calorie information to todays most well-known foods. She actually talks about "far out" things like spirulina, very dieters tea, ma huang, kombucha, probiotics, Qi gong, colonics etc. Very informative, might be just a little outdated but overall a good purchase. Great publication! but them at the institution is just insanity the institution charg to very much for the books and getting them here just helps it be less painfull.



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