

## Frances Sienkiewicz Sizer and

## Nutrition: Concepts and Controversies, 12th Edition (Available Titles CourseMate)



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Ideal for both nonmajors and mixed-majors, NUTRITION: CONCEPTS AND CONTROVERSIES provides practical applications and accessible explanations to dispel common misconceptions on the subject of nutrition and empower visitors to make lasting behavior changes.



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The books ideas are . The reason I cannot endorse this book 100% is because although they perform present a few of the arguments against genetic engineering and cloning, the entire feeling I get is that they approve of both. A lucid intro for the beginner We found this to become a good book about nutrition with regards to increasing my general understanding (I actually didn't come w/ a great deal of scientific info on the topic). Missing chapters 7-10 attempted to came back and was denied. It really is well written and well balanced in its remarks on various topics that can be controversial for some. She has really enjoyed this publication. When I checked the bibliography for a few of the reference content cited, using instances they appeared to just marginally support the promises the author was stating as certainty (I will state that I am not really a scientist and didn't do any exhaustive research). Overall I am happy I made the purchase and recommend it to somebody who wanted to introduce themselves to this issue. The majority of the chemistry contained in the text message was explained better in my own concurrent Biology class Vocabulary used was needlessly archaic. The majority of the chemistry contained in the text was explained better in my own concurrent Biology class. Also there's a very clear "GMOs are evil, purchase organic" kick from the authors. Thanks a lot but no thanks a lot for politicising the text. Good textbook Used this for my Diet course and found therefore many helpful and interesting specifics in the book." Still, she speaks extremely of this reserve and I would recommend it to any who are interested in nutrition. However I will concur w/ the additional reviewer who produced some problems. Also, its style and intent aren't strictly "text book" in that they try to motivate and inspire people to apply the principles in their daily lives. One component she discovered funny was the section on alcoholic beverages. The book spend a substantial amount of period showing how any alcoholic beverages is known as a poison to the body which tries to eliminate it through various means. Having indicated that there surely is absolutely nothing positive about using alcoholic beverages, the book then ends by recommending that one utilize it in "moderation. Great Book on Nutrition Another book purchased for my daughter who needed this for a nutrition class at the "regional" state college. If I wanted that, I'd obtain my nutrition details from Google suggested webpages. It really is full of important info. meh meh Good quality Need to return Just the book I needed. Loved that I could rent this for a course which was very much cheaper than buying. Perfect match to book that was needed. Price TRAP The majority of my classmates rent it for 48. Thank you.. The book surely got to my house in ONE day time! We are mad. Okay now conceal this review someplace and call us "stupid".72 a month ago, now the price become 17. Great! Do crash diets work? It was written in an accessible and lucid manner that i had no problems understanding w/out an instructor.



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