

NUTRITIONAL SCIENCES

THIRD
EDITION

FROM FUNDAMENTALS TO FOOD

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Nutritional Sciences: From Fundamentals to Food (with Table of Food Composition Booklet)



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Crystal Clear Research + Compelling Applications = A Balanced System for Teaching and Learning In a concise format, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3/e clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete knowledge of core concepts. Backed by an extraordinary visual style, engaging case research and interactive digital assets, NUTRITIONAL SCIENCES offers a unique, balanced plan for teaching and learning. This integrated approach provides a strong science basis in a context highly relevant to college students' daily lives and their professions.



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Good Book Nice presentation of info; easy to understand and apply. I examine 435 web pages of it and the class really was fun at wazzu :) Informative, organized textbook I bought this for a course. Shipping and delivery was fast! I did find one mistake in the quizzes: Chapter 12, question 9-the answer ought to be "b" and the main element has "d". Great for my course since my teacher isn't that good. Plenty of pix'. Lots of vibrant diagrams and pictures. The text is well-organized and detailed. The book breaks down the facts of nutrition rendering it easy to understand and building from one chapter to another. I came away from the course with a far greater understanding of how I should eat to become healthy, how my own body uses food and how it reacts to food. The book arrived in good condition however the Table of Food Composition booklet was .. Perfectly presented. Great illustrations and incredibly straightforward. It really is excellent. Nutritional Sciences I purchased this book as part of my doctoral plan. Many side content articles that are practical. Awesome Book I really liked this book.. Five Stars Book arrived in excellent shape as promised. Three Stars Not in great condition, but it did its job. Self-teaching college student. The book arrived in good condition but the Table of Food Composition booklet was lacking, even though it's listed to be included on that title. Apart from that-love it! Came in great condition! Great condition and great cost! Also was included with the booklet that i wasn't expecting. Barely used and great price! Four Stars Great book! Like the tear out chapter quizzes in the trunk (caution if you buy the book used,they could have been ripped out).



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