



Whitney | Rolfes

UNDERSTANDING NUTRITION 13e



Ellie Whitney and
Understanding Nutrition



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This best-selling introductory nutrition text is praised for its approachable narrative, engaging presentation, and careful explanations. Take a refreshing look at UNDERSTANDING Nourishment. UNDERSTANDING NUTRITION connects with students--engaging them since it teaches the basic concepts and applications of nourishment. This text includes 20 chapters you start with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and following with chapters on diet plan and wellness, fitness, life time nutrition, food protection, and world food cravings. From its beautiful and carefully developed artwork program to its solid science base, contemporary protection, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the typical for texts in this market. The new Thirteenth Edition of Whitney and Rolfes' UNDERSTANDING Nourishment takes the study of nutrition to a new level with an integrated pedagogy and an emphasis on active learning, assignable content material, and integrated resources.



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