Nutrition

Concepts & Controversies

Sizer • Whitney

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Nutrition: Concepts and Controversies, 13th Edition



Ideal for both non-majors and mixed-majors, NUTRITION: Ideas AND CONTROVERSIES provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower visitors to make lasting behavior adjustments. The Thirteenth Edition of this text message dispels common misconceptions about nourishment, and equips you with an intensive knowledge of important nutrition ideas and tools that empower you to make educated decisions about your personal nutrition choices. Known for its clear explanations that demonstrate how topics relate with your life, the text provides the fundamentals of nutrition--from how exactly to be a good consumer to understanding the research of nutrition--and is packed with interactive learning equipment and study aids to help you in your program. These and many more topics are explored in Nourishment: Ideas AND CONTROVERSIES. Do women that are pregnant actually crave pickles and ice cream? Are carbohydrates great or bad?



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