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# NUTRITION

## Concepts & Controversies

### **MyPlate Update**

Updated throughout with New Dietary Guidelines 2011,  
Health People 2020, and MyPlate!

Frances Sizer and  
Nutrition: Concepts and Controversies, MyPlate Update



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Updated to include the 2010 Dietary Suggestions, MyPlate, and Healthful People 2020 coverage into the text, NUTRITION: Principles AND CONTROVERSIES, MYPLATE UPDATE, provides useful applications and accessible explanations to dispel common misconceptions on the subject of nutrition and empower readers to make lasting behavior changes.



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funny was the section on alcoholic beverages. Great! Great condition Hate it Hate it Four Stars Needed for school DO NOT Purchase THIS BOOK! I'd not choose to read this but required it for class The authors make an effort to be unbiased and present all appropriate information For the most part, this is an excellent book for introducing someone to nutrition.



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