



Fifth Edition

Wardlaw's Contemporary NUTRITION

A Functional Approach



Anne M. Smith | Angela L. Collene | Colleen K. Spees

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Contemporary Nutrition: AN OPERATING Approach can be an alternate version of Smith, Collene, Spees. Always seeking to make the content material highly relevant to learners, the authors highlight health conditions, medications, food products, and supplements students or people of their families may be using. With their friendly writing style, the authors act as the college student's personal guide to dispelling common misconceptions and to gaining a good foundation to make informed nutrition options. The text provides learners who lack a solid science background the perfect balance of reliable nourishment information and practical consumer-oriented knowledge. Contemporary Diet, offering a unique approach by organizing vitamins and minerals within the context of physiological functions and the health conditions they influence. Current analysis is at the core of the 5th edition, with revised figures, incorporation of new results of medical trials, and updated recommendations.



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