

Anne M Smith and

Wardlaws Contemporary Nutrition Updated with 2015 2020 Dietary Guidelines for Americans



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Contemporary Nutrition is definitely a complete and well balanced resource for nutrition information written at a rate nonscience majors may understand. Current research is at the core of the tenth edition, with revised figures, incorporation of new results of medical trials, and updated recommendations. With their friendly composing style, the authors become the pupil's personal direct to dispelling common misconceptions and to gaining a solid foundation to make informed nutrition choices. Always seeking to make the content relevant to learners, the authors highlight health issues, medications, foods, and supplements college students or users of their families may become using. The written text provides students who absence a strong science background the ideal balance of reliable nourishment information and useful consumer-oriented knowledge.



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