

Discovering

Nutrition

Fifth Edition

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Paul Insel and
Discovering Nutrition



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Written for nonmajors, *Discovering Nourishment, Fifth Edition* introduces college students to the basics of nutrition with an engaging and individualized approach. Students will find out practical consumer-based nutrition information using the robust, interactive learning tools and study helps highlighted through the entire text. The text targets teaching behavioral switch, personal decision making, and up-to-date scientific ideas in a number of innovative methods. The Fifth Edition incorporates a fresh feature, *Culture Part*, which introduces individuals within a number of cultures, and discusses their nutritional customs and behaviors. It also examines the most recent discoveries and dietary recommendations and emphasizes how our nutritional behaviors impact lifelong personal health and fitness.



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Lot of good information. The only issue I discover with it ... I am disappointed that it have a box cutter cut down the left side. Lot of good info. The only problem I observe with it really is that the new edition index doesn't appear to fall into line page wise. It isn't entirely off just one or two not to mention I forgot to write the down before I came back the book (local rental). They saved me between 80 and 100 dollars for a needed text message book. The price was very great, plus it had the web access code. Good condition but it's cut. The price was very good, and yes it had the online access code The book arrived and was well packaged (no damage). Reserve is in good shape, does have some wearing but only the occasional crease and folds. Cheaper compared to the \$250 the at this point backwards and crooked university bookstores are trying to charge us for these books. Totally worthwhile. The reserve on general... I'm an enormous critic but I loved reading this book for my nutrition course. Easy to read and use for my nutrition course. Four Stars Good book. (Which is normally another reason this college system is totally screwy). Happy, would order from their website again. Thanks Great for renting. As far as textbooks move this book is in fact decent. It cut the reserve and I'm afraid it'll tear more prior to the end of the semester. Very good deal Book came brand new in plastic material with the online code inside.works out We didn't hardly utilize it in class. Five Stars Great User Friendly Used for school a breeze to read and use!! Five Stars Excellent read and details. WAY cheaper than getting it brand new through my community university. Bought it early so it was super cheap in comparison to other stores Came with access code. Bought it early so that it was super cheap compared to other shops. Worked ideal for what I required and a simple return! Two Stars I want to return this book.



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