

## Paul Insel and

## Nutrition



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Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, animations, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Its student-focused approach provides visitors with the knowledge they need to make educated decisions about their overall nutrition. Created for majors and advanced nonmajors, the 6th Edition of Nutrition offers a contemporary, comprehensive introduction to nutrition concepts, guidelines, and functions. New & Key Features:- NEW - This text is among the 1st to highlight the findings and recommendations help with in the 2015 Dietary Guidelines for People in america-UPDATED - Going Green and FYI boxes incorporate the most recent nutrition-related research and news-NEW - The brand new Getting Personal feature encourages students to apply concepts with their own lives- NEW - Animations within the Navigate 2 eBook help simplify difficult concepts



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