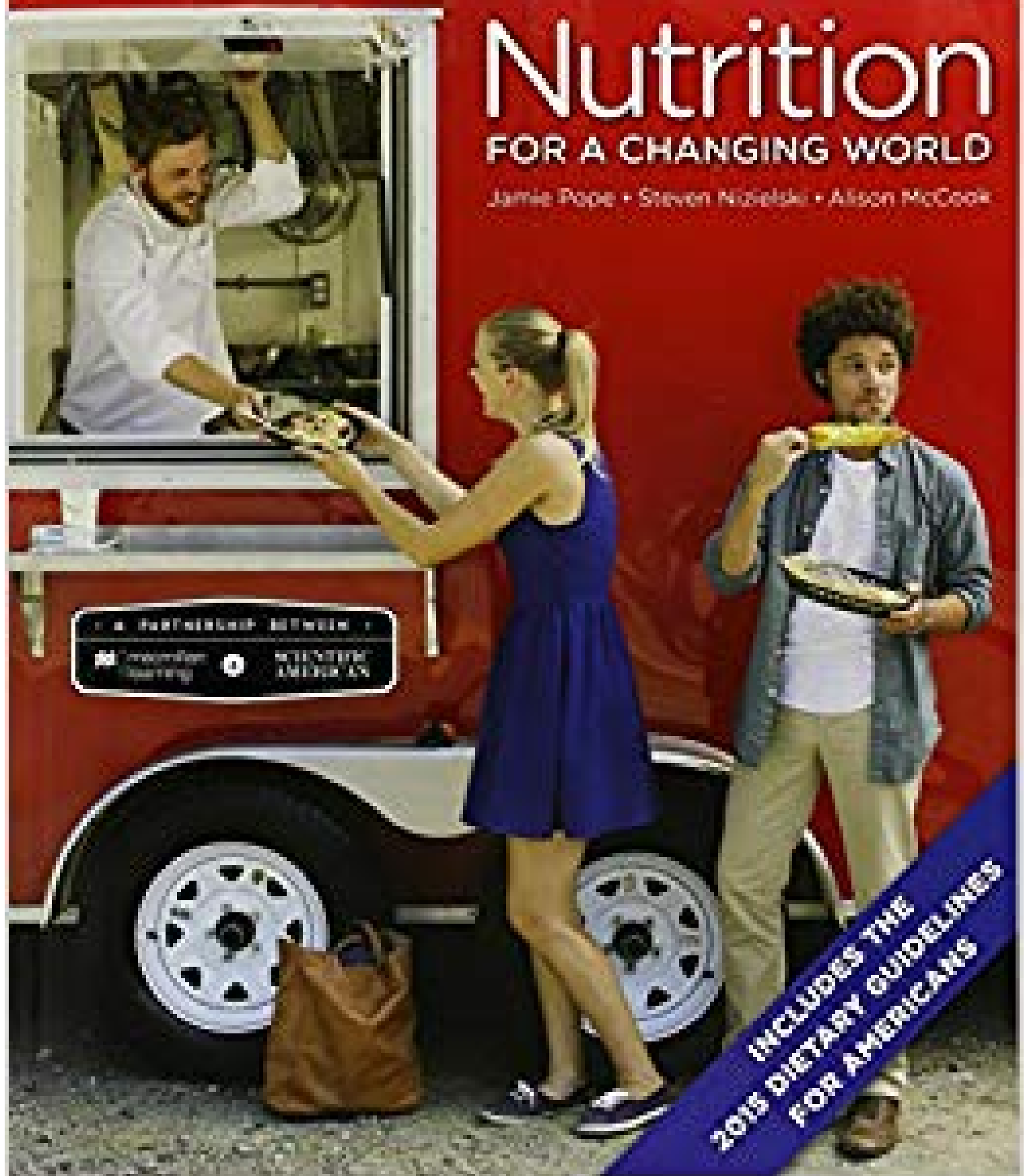


Nutrition

FOR A CHANGING WORLD

Jamie Pope • Steven Niselski • Alison McCook



INCLUDES THE
2015 DIETARY GUIDELINES
FOR AMERICANS

Jamie Pope and

Scientific American Nutrition for a Changing World with 2015 Dietary Guidelines



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In this breakthrough introductory text message, educators Jamie Pope and Steve Nizielski, and technology writer, Alison McCook use real stories?about real people and real technology?to teach the essential concepts of diet. Each chapter reads like Scientific American-style content, with compelling reporting and beautifully designed infographics offering a context for the scientific content. These AnalyzeMyDiet actions and the dietary plan tracker are contained in LaunchPad, a dedicated online course space that compliments the text to supply students with a fully integrated printing/digital learning experience. Nourishment for Changing World can be the only item for the training course to provide personalized, auto-graded diet analysis actions. Unique chapters on timely topics (diabetes, coronary disease, plant-based diets, fat- and water-soluble vitamins, health supplements, and the faculty years) exemplify the book's thoroughly contemporary method of nutrition science.



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