

## Nutrition Concepts And Controversies Frances Sizer

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Nutrition: Concepts and Controversies Paperback - March 27 2017 by Frances Sizer (Author), Ellie Whitney (Author), Leonard Pich\u00e9 (Author) & 0 more 4.2 out of 5 stars 16 ratings

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Nourish your mind and body with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition--including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle--and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Includes laminated insert with title: Dietary guidelines for Americans 2005.

Ideal for both non-majors and mixed-majors, NUTRITION: CONCEPTS AND CONTROVERSIES provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes. Do pregnant women really crave pickles and ice cream? Are carbohydrates good or bad? These and many more topics are explored in NUTRITION: CONCEPTS AND CONTROVERSIES. The Thirteenth Edition of this text dispels common misconceptions about nutrition, and equips you with a thorough understanding of important nutrition concepts and tools that empower you to make informed decisions about your own nutrition choices. Known for its clear explanations that show you how topics relate to your life, the text provides the basics of nutrition--from how to be a good consumer to understanding the science of nutrition--and is packed with interactive learning tools and study aids to help you in your course.

Available with InfoTrac Student Collections <http://goengage.com/infotrac>.

You've probably heard the phrase "you are what you eat." This text gives you a better understanding of the phrase and hits home with the simple but obvious truth: you really are what you eat! Nutrition: Concepts and Controversies has been a cornerstone in nutrition classes across North America, serving the needs of students and professors in building a healthier future. In keeping with our tradition, in this, the third Canadian edition, we explore the ever-changing frontier of nutrition science in Canada while maintaining our sense of personal connection with students and instructors alike. We address the learner in clear, engaging writing but with a crispness that we hope you will enjoy.

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