

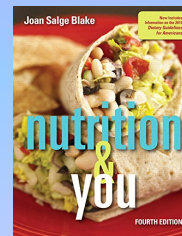
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- Author : Joan Salge Blake
- Pages : 720 pages
- Publisher : Pearson 2016-01-18
- Language : English
- ISBN-10 : 0134167546
- ISBN-13 : 9780134167541

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ABOUT THE BOOK

A visual approach to Introduction to Nutrition for Non-Majors. Guide students to a deeper understanding of nutrition The Fourth Edition of Nutrition &You provides students with a personalized approach to understanding nutrition and teaches them to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools. Joan Salge Blake writes in a very engaging style, addressing the student directly, using visual analogies in order to explain concepts, and captivating students with humor. Blake encourages students to think critically and relate the science of nutrition to their own dietary habits, enabling them to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. New additions to the Fourth Edition include a clearly defined learning path with the inclusion of learning [Read more](#)



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