

FREE ACCESS NUTRITION SCIENCE APPLICATIONS LORI SMOLIN DRIVEPT

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Nutrition Science Applications Lori Smolin Drivept Introduction

Nutrition

Nutrition: Science and Applications, 4th Edition helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns – both as consumers and as future scientists and health professionals.

Nutrition

Nutrition: Science and Applications, 3rd Canadian Edition, provides students with a strong foundational knowledge of human nutrition, covering all essential nutrients, their functions in the body, and their sources and dietary components. Presenting an innovative critical-thinking approach to the subject, this leading textbook goes beyond the basics to explore underlying nutrition processes while discussing the latest research, debates, and controversies related to nutrition and health. The text offers an accessible, visually-rich presentation of topics designed to be highly relevant and relatable to Canadian readers. The ideal text for college-level nutrition courses, this new edition features extensively revised and updated content throughout — aligning with the latest nutrition research, recommendations, guidelines, and Canadian government regulations. The authors real-world approach enables students to apply concepts of nutrition science in their own lives as consumers, and in their future careers as scientists and health professionals. Balanced coverage of fundamental nutrition topics integrates with comprehensive discussion of nutrient metabolism, health and disease relationships, dietary patterns, Canadian and global nutrition issues, and much more.

Nutrition

Ice cream or sorbet, red meat or fish, fruits or pastries, eggs or oatmeal—our lives are filled with choices about what we eat. That's why Lori Smolin and Mary Grosvenor's Nutrition: Science and Applications, 4/E helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day. Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers new and expanded coverage of such cutting-edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements. Student Study Guide Designed to be used alongside Nutrition, 4E this author created study guide provides students with a wealth of material to help ensure that they are successful in the course. Included are chapter outlines, multiple-choice questions, short-answer review questions, and a variety of learning activities.

Nutrition

Obesity has become a major health issue throughout the world, but many people just aren't aware of the

proper nutrition needed in a diet. Smolin guides readers through the science of nutrition, providing real-world examples to show them how to apply this information to their lives. Each chapter delves into the strong science base while exploring the basis of current nutrition recommendations. This approach will help readers effectively evaluate new information that they encounter.

Nutrition

Work more effectively and gauge your progress along the way! Designed to be used alongside Smolin and Grosvenor's Nutrition, 4th Edition, this Study Guide provides students with a wealth of material to help ensure that they are successful in the course. This study guide includes chapter outlines, multiple-choice questions, short-answer review questions, and a variety of learning activities. Ice cream or sorbet, red meat or fish, fruits or pastries, eggs or oatmeal – our lives are filled with choices about what we eat. That's why Lori Smolin and Mary Grosvenor's Nutrition: Science and Applications, 4th Edition helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day. Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers new and expanded coverage of such cutting-edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements.

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This package includes a copy of ISBN 9781118288269 and a registration code for the WileyPLUS course associated with the text. Before you purchase, check with your instructor or review your course syllabus to ensure that your instructor requires WileyPLUS. For customer technical support, please visit <http://www.wileyplus.com/support>. WileyPLUS registration cards are only included with new products. Used and rental products may not include WileyPLUS registration cards. Nutrition: Science and Applications, 3rd edition helps develop the scientific understanding to support personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns both as consumers and as future scientists and health professionals. The text has been developed through collaboration between the authors and the Nutrition Advisory Board, a team of dedicated nutrition instructors who help review and develop all of Wiley's nutrition resources.

Nutrition Science & Applications

Nutrition

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