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Used by more than one million students, Ellie Whitney and Sharon Rady Rolfes' UNDERSTANDING NUTRITION is THE best-selling introductory nutrition text on the market today! While maintaining the stellar quality and support that discerning instructors demand for the majors course, the Thirteenth Edition takes UNDERSTANDING NUTRITION to a new level with an integrated pedagogy, along with an emphasis on active learning, assignable content, and integrated resources that support instructors' course objectives and students' future career opportunities. From its beautiful and carefully developed art program

to its strong science base, contemporary coverage, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20 chapters beginning with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and following with chapters on diet and health, fitness, life span nutrition, food safety, and world hunger. Praised for its consistent level, approachable narrative, and careful explanations of key topics, UNDERSTANDING NUTRITION connects with students--engaging them as it teaches the basic concepts and applications of nutrition. Take a fresh look at UNDERSTANDING NUTRITION. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This best-selling introductory nutrition text in colleges and universities has been used by more than one million students! UNDERSTANDING NUTRITION provides accurate, reliable information through its clear writing, dynamic visuals, and integrated study aids, all of which engage and teach students the basic concepts and applications of nutrition. This comprehensive text includes up-to-date coverage of the newest research and emerging issues in nutrition. The pedagogical features of the text, as well as the authors' approachable style, help to make complex topics easily understandable for students. From its stunningly restyled and refined art program to the market-leading resources that accompany this text, UNDERSTANDING NUTRITION connects with its readers and continues to set the standards for texts used in the course.

UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 11e, explores the latest approaches to nutrition and nutritional therapy, along with their practical applications. Starting with normal nutrition, chapters introduce nutrients and their physiological impacts, as well as recommended guidelines for good health and preventing disease. Later chapters explore clinical nutrition, including pathophysiology and dietary changes for treating a variety of medical conditions. Known for its easily digestible narrative, UNDERSTANDING NORMAL AND CLINICAL NUTRITION, 11e, also presents features that help you use nutrition concepts from the chapters to improve your own health or prepare for a clinical career. In-book features add to your skills and understanding with step-by-step "How To" discussions, case studies, end-of-chapter questions, and "Highlight" sections that depict the world of nutrition through a provocative lens. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

With more than 1 million readers, bestselling UNDERSTANDING NUTRITION emphasizes strong science and nutrition basics, hands-on learning, and the most current coverage available. Packaged with the 2015 Dietary Guidelines, the 14th Edition includes new and updated topics in every chapter, quick-reference tables, expansive weight loss information, thorough coverage of fitness and energy systems, and much more. Readers quickly connect with the text's approachable writing style and carefully developed art program, and its emphasis on active learning includes a rich variety of ways to help you put what you learn into action. You will also be challenged to evaluate your own dietary choices and set healthy goals through activities in the Diet & Wellness Plus digital app. In addition, through the MindTap for Nutrition companion online program, you can create a customizable learning path to walk you step by step through the course.

Includes chapter objectives, short-answer questions and calculations, sample multiple-choice questions, and vocabulary review. Page references are included for all questions.

Abstract: The influence of nutrition throughout the human life cycle is the topic of this nutrition textbook. Beginning with conception, the role of nutrition on human growth and development through adolescence is examined. Topics include: prepregnant nutrition's effects on pregnancy; conception and implantation; nutrition during pregnancy; weight gain and infant birthweight; breastfeeding and formula feeding; lactation; nutrient needs of the infant; nutrition care of sick infants; signs of malnutrition; feeding children; prevention of obesity; prevention of dental caries; adolescence; teenage pregnancy; eating disorders; and fitness for teens.

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.

Have you ever wanted to know the secret of why some soccer players have more energy than others? Ever wonder what Cristiano Ronaldo & Lionel Messi eat before and after a game to perform so well? Wish you had a book that is quick to read and tripled your soccer nutrition knowledge while revealing how you can make eating healthy easier? Want to learn the #1 thing you are probably drinking that is wasting your money and not helping you succeed in soccer? If any of these situations describe you, you are not alone. Balancing soccer, school, family, eating healthy foods, and the many other things requiring your time can be difficult. Consuming food that is working against you can make it even more difficult to stay balanced and succeed. There is no such thing as a perfect diet, but there are definitely eating habits that will lift you to great heights and junk foods that will hold you back from taking your game to the next level. Improving your eating takes time to find the key things that work best for you. However, this book will dramatically reduce your time to discover those key foods and routines that will ensure you become the most energetic player in your league. This book's main aim is to point out and provide help with the most important areas of eating for you to succeed. In an ideal world, you have an infinite amount of time and money to eat the best foods at the right times. However, we both know that it is hard to always find the time needed to prepare and eat as well as the fact that food can be expensive. Therefore, this book reveals the few key foods that make the biggest difference for you to become way better in a short time. This book details the most important 20% of eating to help you get 80%+ of the results. This book discusses how you should view eating to avoid the common pitfalls people encounter. Outcomes of applying the facts in this book: -Use Cristiano Ronaldo's & Lionel Messi's ways of eating to become better than your competition. -Benefit from knowing how the top 10% of performers eat and what ways of eating to avoid that is holding the other 90% back from accomplishing their dreams. -Know what to eat on off-days, before games, and after a match to ensure you quickly gain muscle and recover in time for your next match or training session. Why does learning how to improve your knowledge of food matter? Well, building your soccer knowledge grows your confidence. Self-esteem is key for you to build the belief in yourself to know how to eat in a way that helps push you to become the star you want to be. Make sure you have the tools to overcome difficulties and get everything you want out of playing soccer. It is time for your Soccer Nutrition to reach the next level. Learn what it takes to become the best. Be the person who changes every game from here on out. Pick up your copy today by clicking [BUY NOW](#).

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