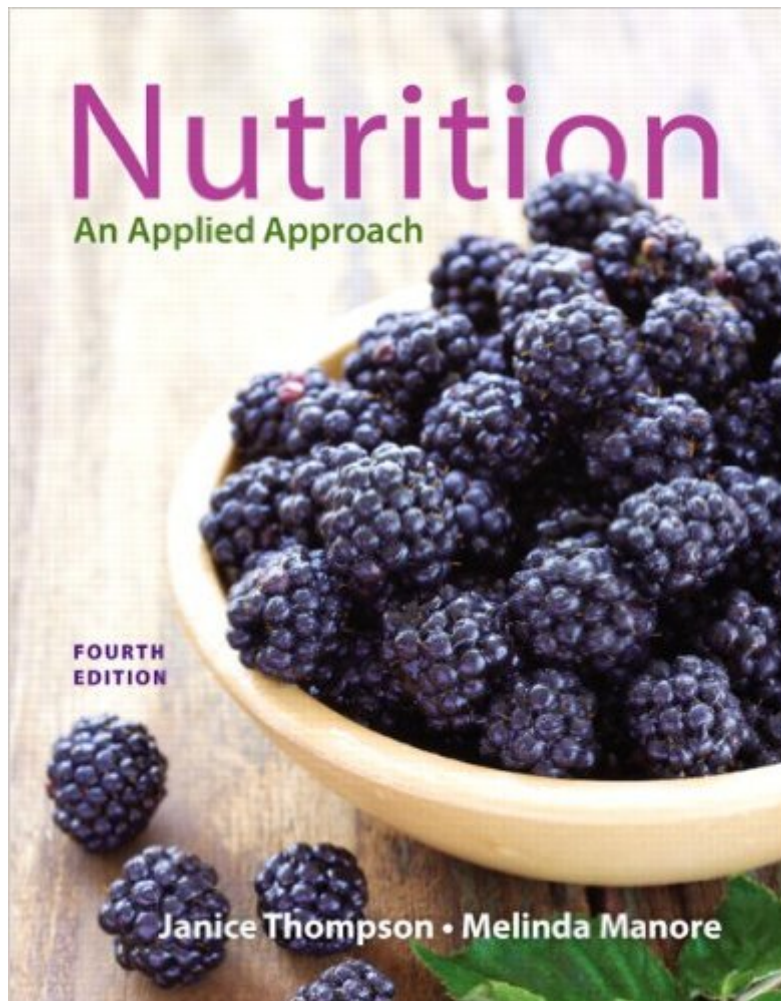


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# Nutrition: An Applied Approach (4th Edition)



## Synopsis

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-- **Nutrition: An Applied Approach, Fourth Edition** introduces you to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. Building on your natural interest in nutrition, the authors demonstrate in a clear, conversational style how key nutritional information relates to your personal health and nutrition, and show how to debunk commonly held misconceptions. The applied approach is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary functions within the body. The applied content is focused on key content areas: fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health—topics of particular importance to instructors. You can easily grasp this accessible conceptual framework for understanding the role nutrients play in bodies and overall health. The Fourth Edition features MasteringNutrition<sup>®</sup>, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. Master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback. This program will provide a better teaching and learning experience<sup>™</sup> for you. Here's how:

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**Emphasize applications:** Practice core nutrition concepts by using MyDietAnalysis, a software system that allows you to complete a diet assignment and then enter the information to create a variety of reports, in addition to other tools. **Note:** You are purchasing a

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## Book Information

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## Customer Reviews

It was optional to have this for my online fundamental of human nutrition class this semester, but I'm so glad that I went ahead and got it. There is so much straight-forward information packed into this book and it is very informative. Unlike other boring textbooks, this one is filled with information that is actually relative to everyone's life and it isn't boring to read.

it came quickly with all the pages, and since I needed it for my major, i ended up buying it. Some things the class doesn't teach you later on are in here, such as 'diets' and planning to eat for pregnancy.

Bought this book because I needed it for my nutrition course. I really loved the lay out of it.

Everything was easy to find and in a logical order. I used it on my tablet for the semester and didn't have a problem with it. The design elements were well placed throughout and the visuals were appealing. It did a great job of breaking up texts with diagrams. A great book of basics for visual learners.

Very happy and satisfied with my purchase of my new book. The book came in great condition with no damages and had a speedy delivery date. It looks like a great book. It has a lot of pictures and images inside. As a visual learner, I really appreciate when a textbook has these for students to see. Overall, very happy and satisfied.

Heads up, access code does not come with book. I would have spent way less money (\$70 to be exact) because you are led to believe that purchasing a brand new book will entitle you to an access code. Not until the very bottom, do you see the fine print. As usual. Next time state up front that no access code comes with it

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Rented it for school, fast shipping and the book is actually interesting and with up to date information!

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