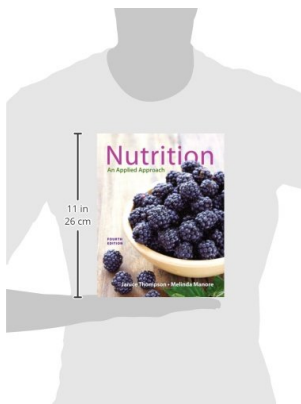


[PDF] Nutrition: An Applied Approach (4th Edition)

Janice Thompson, Melinda Manore - pdf download free book



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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™**, 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.

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MasteringNutrition is not a self-paced technology and should only be purchased when required by

an instructor.

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