

## Visualizing Nutrition Everyday Choices 2nd Edition

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The 2nd edition of Visualizing Nutrition, expands upon the 1st introductory issue and continues to provide valuable information on central issues of nutritional science in a visual approach. The text includes critical topics of nutrition, to help readers understand the topics through demonstration of their relevance to their personal life.

**Visualizing Nutrition: Everyday Choices 2e with Booklet to:**

Visualizing Nutrition teaches students to identify and connect the central elements of nutritional science using a visual approach. As students explore important nutrition topics, they are immersed in content that not only provides scientific understanding, but demonstrates relevance to their personal lives. Students are challenged and taught the decision-making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease.

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Visualizing Nutrition, 2nd Edition is intended for a one-term course in introductory Nutrition taught at both two- and four-year schools. This text offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach. The material provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease.

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Mary B. Grosvenor is the author of 'Visualizing Nutrition: Everyday Choices', published 2012 under ISBN 9781118013809 and ISBN 1118013808. [ read more ] Marketplace prices

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The 2nd edition of Visualizing Nutrition, expands upon the 1st introductory issue and continues to provide valuable information on central issues of nutritional science in a visual approach. The text includes critical topics of nutrition, to help readers understand the topics through demonstration of their relevance to their personal life.

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Synopsis. Visualizing Nutrition, 2nd Edition is intended for a one-term course in introductory Nutrition taught at both two- and four-year schools. This text offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach. The material provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease.

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This comprehensive book provides nutritionists with an easy-to-understand overview of key concepts in the field. The material is presented along with vivid images from the National Geographic Society, illustrations, and diagrams. Numerous pedagogical features are integrated throughout the chapters, including Health and Disease, Wellness, and Making Sense of the Information that make the material easier to understand. By following a visual approach, nutritionists will quickly learn the material in an engaging way.

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