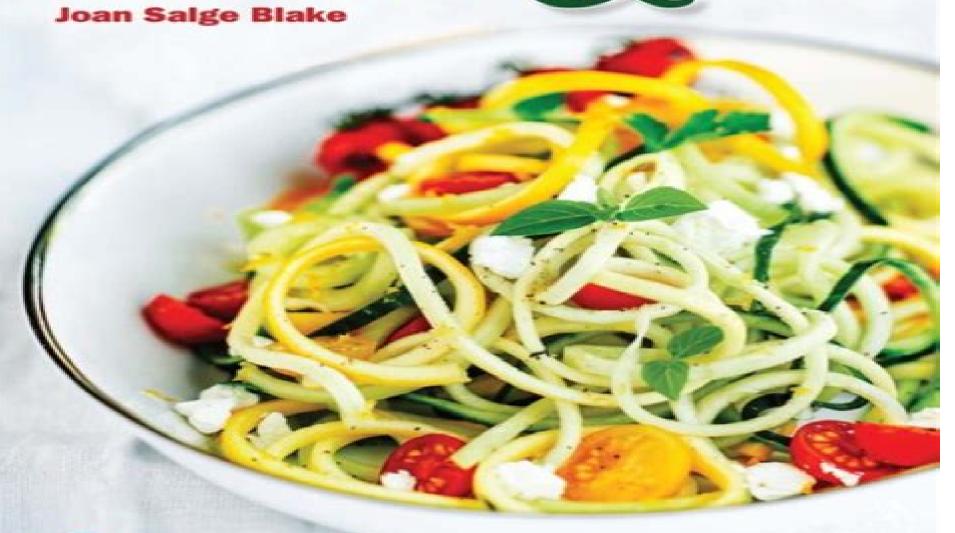
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in self contained spreads called Visual Summary Tables that appeal to today s visual learners Students learn to identify the key aspects of each nutrient at a glance and in a consistent easy to study format Blake encourages students to relate the science of nutrition to their own dietary habits enabling them to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality Blake's approach teaches students to think critically about information sources and the claims made in the popular press and online The MyPlate Edition features a write to fit update so that students and instructors have the latest nutrition information right within their book and instructors don t have to change their syllabus New information includes the new MyPlate graphic which replaces the former MyPyramid the 2010 Guidelines and the new Dietary Reference Intakes Nutrition and You, Books a la Carte Edition Joan Salge Blake, 2014-01-28 NOTE This edition features the exact same content as the traditional text in a convenient three hole punched loose leaf version Books a la Carte also offer a great value for your students this format costs 35% less than a new textbook Before you purchase check with your instructor or review your course syllabus to ensure that you select the correct ISBN Several versions of Pearson s MyLab Mastering products exist for each title including customized versions for individual schools and registrations are not transferable In addition you may need a CourseID provided by your instructor to register for and use Pearson's MyLab Mastering products xxxxxxxxxxxxxxxxxxxx The Third Edition of Nutrition You provides you with a personalized approach to understanding nutrition and teaches you to become informed consumers of nutrition information through interactive lessons practical applications and visual study tools Joan Salge Blake writes in a very engaging style you directly using visual analogies in order to explain concepts and captivating the reader with humor Blake encourages you to relate the science of nutrition to their own dietary habits enabling you to separate fact from fiction and to distinguish high quality nutrient sources from those of lesser quality Blake's approach teaches you to think critically about information sources and the claims made in the popular press and online The Third Edition features Mastering Nutrition tm an online homework assessment and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools You can master topics through interactive mini lessons quizzing and immediate wrong answer feedback Teaching and Learning Experience This text and supplemental package will provide a better teaching and learning experience for you and your students Here's how Personalize learning with MasteringNutrition Get results and quickly master concepts with self paced tutorials that feature immediate wrong answer feedback and hints that emulate the office hour experience to keep you on track Focus on visual learning Identify key objectives in a consistent easy to study format Emphasize critical thinking Think critically about information sources and the claims made in the popular press and online Emphasize applications Practice with MyDietAnalysis a software system that allows you to complete a diet assignment Nutrition & You. Books a la Carte Plus Masteringnutrition with Mydietanalysis with Etext -- Access Card Package Joan Salge Blake, 2016-01-10 NOTE This edition features the same content as the traditional text in a convenient three hole punched loose leaf version Books a la

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Blake,2009-01-12 Read It Before You Eat It Bonnie Taub-Dix,2010-08-31 A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts The whole foods movement explained how to shop healthfully at the farmers market but how can families shop smart at Wal Mart There is a wealth of information on labels but most people have no idea that products labeled trans fat free can contain trans fats or that all natural is a meaningless phrase Readers can bring this handy guide to the supermarket to help them interpret labels like a pro How much sodium is too much Are all carbs the kiss of death And what does organic really mean Renowned nutritionist Bonnie Taub Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys She walks them through a typical grocery store and points out the best food choices to make in every aisle The British National Bibliography Arthur James Wells,2009

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