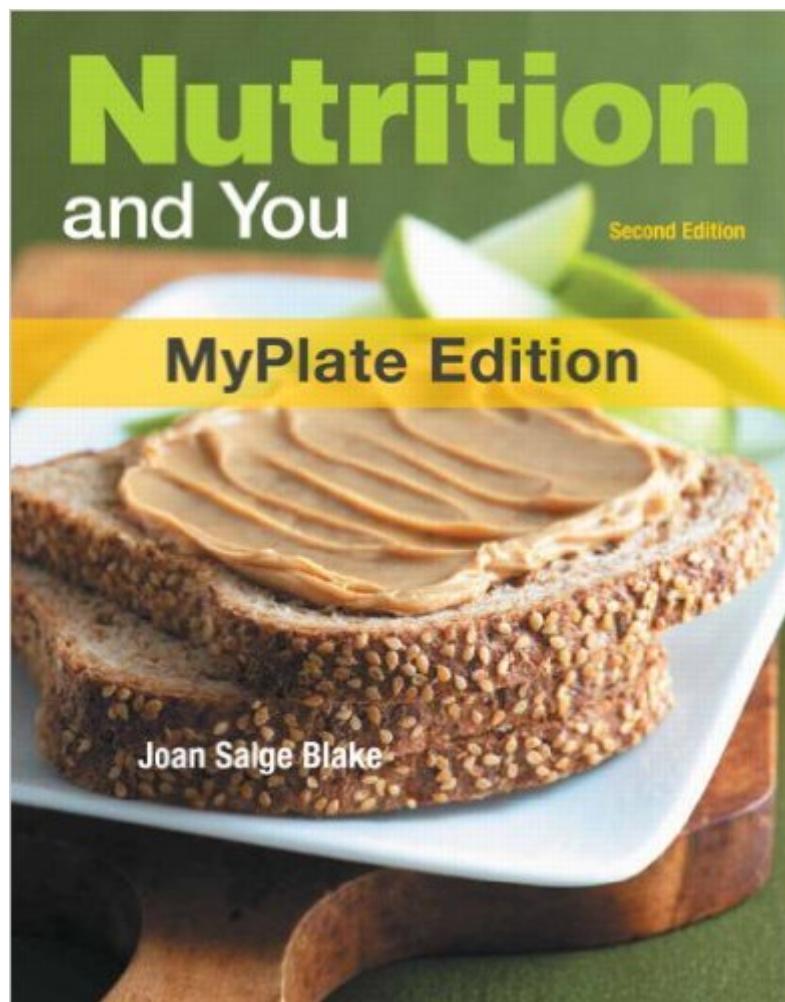


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Nutrition And You, MyPlate Edition (2nd Edition)



Synopsis

With a new Consumerism chapter, enhanced art and photos, and timely updates, this Second Edition of Nutrition and You personalizes nutritionâ “helping you make healthy nutrition choices and encouraging you to become an informed consumer of nutrition information. Â Throughout, each vitamin and mineral are introduced in self-contained spreads, called Visual Summary Tables, that help you learn to identify the key aspects of each nutrient at a glance. Youâ ™re encouraged to relate the science of nutrition to your own dietary habits, helping you to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. After reading this book, youâ ™ll know to think critically about information sources and the claims made in the popular press and online. Â The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book.Â New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes.Â Â

Book Information

Series: Nutrition and You : MyPlate Edition

Paperback: 720 pages

Publisher: Benjamin Cummings; 2 edition (December 3, 2011)

Language: English

ISBN-10: 0321813715

ISBN-13: 978-0321813718

Product Dimensions: 8.4 x 1 x 10.8 inches

Shipping Weight: 2.9 pounds

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (91 customer reviews)

Best Sellers Rank: #119,083 in Books (See Top 100 in Books) #26 inÂ Books > Education & Teaching > Schools & Teaching > Instruction Methods > Health #164 inÂ Books > Education & Teaching > Schools & Teaching > Instruction Methods > Science & Technology #4113 inÂ Books > Textbooks > Education

Customer Reviews

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