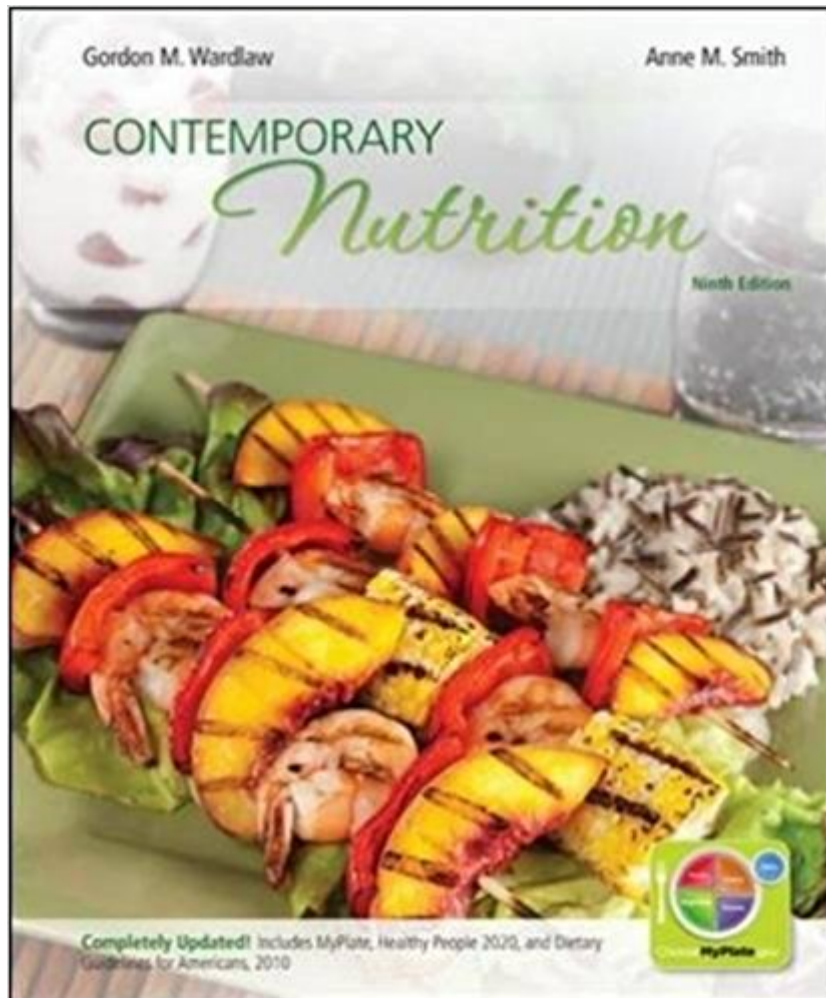




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Contemporary Nutrition



Synopsis

Contemporary Nutrition is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, it provides the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With a friendly writing style, the authors act as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices. Contemporary Nutrition emphasizes that a population consists of individuals with varying genetic and cultural backgrounds, and these individuals will have varying responses to diet. The knowledge gained from this text will allow students to personalize nutrition information and empower them to make better choices in their daily lives. Users who purchase Connect receive access to the full online eBook version of the textbook.

Book Information

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Customer Reviews

Gordon M. Wardlaw, Ph.D., has taught introductory nutrition courses to students in the Department of Human Nutrition at The Ohio State University, and at other colleges and universities. Dr. Wardlaw is the author of many articles that have appeared in prominent nutrition, biology, physiology, and biochemistry journals and was the 1985 recipient of the American Dietetic Association's Mary P. Huddleson Award. Dr. Wardlaw is a member of the American Society for Nutritional Sciences and is certified as a Specialist in Human Nutrition by the American Board of Nutrition. Dr. Wardlaw is

currently retired from academia. ANNE M. SMITH, Ph.D., R.D., L.D., is an associate professor at The Ohio State University. She was the recipient of the 1995 Outstanding Teacher Award from the College of Human Ecology, the 2008 Outstanding Dietetic Educator Award from the Ohio Dietetic Association, the 2006 Outstanding Faculty Member Award from the Department of Human Nutrition, and the 2011 Distinguished Service Award from the College of Education and Human Ecology for her commitment to undergraduate education in nutrition. Dr. Smith's research in the area of vitamin and mineral metabolism has appeared in prominent nutrition journals, and she was awarded the 1996 Research Award from the Ohio Agricultural Research and Development Center. She is a member of the American Society for Nutrition and the Academy of Nutrition and Dietetics.

I rented this book for a nutrition class. The book arrived in good condition and contained a lot of helpful information. Some of the guidelines are a little out of date, but overall the information is correct.

If you're going to sell a "used but acceptable" book, then I suggest posting a picture of the book. According to this picture, the book looks good. I got a book that looked like it had been eaten at all 4 edges by a rat on a cargo ship stuck in a shipping container. I'm sorry but this was horrible.

Thank you!

I needed this book for school and it arrived promptly, and is actually a very useful book, even outside of school. I would recommend it to anyone trying to get their foot in the game.

We're very grateful this book and many more are available to rent from my wife needs this for College.

Rented for class, received as expected in perfect condition.

I love the book, and I rented it but man it is expensive to buy. At least the loose leaf that they wanted us to buy was expensive. This book however, paired with the right professor was worth every penny. There is plenty of invaluable up-to-date information about nutrition in this book. I really enjoyed learning about everything and have already changed some of my eating habits because of it.

Using for class now. Very thorough text book but easy to read and categorized well

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