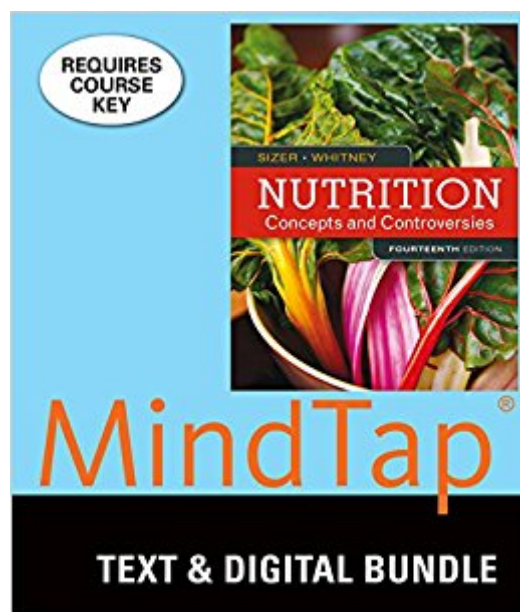




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Bundle: Nutrition: Concepts And Controversies, Loose-leaf Version, 14th + LMS Integrated For MindTap Nutrition, 1 Term (6 Months) Printed Access Card



Synopsis

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Book Information

Loose Leaf: 622 pages

Publisher: Brooks Cole; 14 edition (April 5, 2016)

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Product Dimensions: 1 x 8.5 x 11 inches

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Build a healthier future with the Dietary Guidelines. Figures throughout the text include a food label of milk fortified with vitamins A and D, a figure highlighting protein labeling, and calorie labels on restaurant menus. Relevant to everyday life. Tables in the text touch on topics such as the benefits of fitness, protein-rich snacks for athletes, how to wash produce, and complications associated with smoking during pregnancy. Choose the best foods for you. [Food Feature](#); boxes appear in most chapters to bridge theory and practice; they are practical applications of key concepts that help you choose foods per sound nutrition principles. Special features promote learning and understanding. Margin notes, end-of-chapter [Self-Checks](#), and [Think Fitness](#) boxes emphasize the connection and the interdependency of fitness and nutrition for total health.

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FrancesSizer, M.S., RD, FADA, is certified as a charter Fellow of the American Dietetic Association. She is also a founding member and vice president of Nutrition and Health Associates, a Florida-based information and resource center that maintains an online bibliographic database tracking system that conducts research in more than 1,000 topic areas of nutrition. In addition to the best-selling NUTRITION: CONCEPTS AND CONTROVERSIES, Sizer was a primary author of the first ever instructional and animated NUTRITION INTERACTIVE CD-ROM (Cengage Wadsworth). Her previous publications include NUTRITION CLINICS, a monograph series for health professionals, and the college text THE FITNESS TRIAD: MOTIVATION, TRAINING, AND NUTRITION. In addition to writing, enjoying her family, and schooling her horse in dressage, Sizer is also an active board member of ECHO, a local hunger and homelessness relief organization in her community. Sizer received her B.S. and M.S. in nutrition from Florida State University. Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics--many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then co-wrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby.

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