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In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered

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Guidelines for Americans, 2010, Nutrition for Healthy Living takes an innovative approach to introductory nutrition for nonscience majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text will provide students with the scientific foundation needed to make informed

nutritional decisions well beyond the classroom. Users who purchase Connect Plus receive access to the full online ebook version of the textbook.

Eat Well & Keep Moving, Third Edition, Page 30/46

includes thoroughly updated nutrition and activity guidelines, multidisciplinary lessons for fourth and fifth graders, eight core Principles of Healthy Living, and a new Kid's Healthy Eating Plate to help kids make healthy food choices.

Human Nutrition: Science for Healthy
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Living is an interesting, engaging, reliable, and evidence-based introductory textbook with a wide variety of features to promote active learning. A clinical emphasis appeals to all, but is of particular relevance to those studying nutrition, dietetics, or health science professions, including nursing. Reallife and clinical examples, statistics, and

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just as importantly, to everyday life. Our hope is that readers share the practical advice and key concepts learned in the textbook with family and friends to promote optimal health and wellness.

&>Nutrition for Life capitalizes on students' natural interest in nutrition by demonstrating how it relates directly to their health and daily lives. This book is unique among introductory texts in its presentation of nutrients based on function, rather than chemical classification. Within the vitamins and minerals chapters, micronutrients are

organized by their various functions within the body (such as tissue guardians, antioxidants, energy generators, essential electrolytes, mineral power plants, blood fortifiers, bone builders), enabling students to think about them conceptually while also understanding their basic roles in the body. This discourages rote memorization and

promotes fuller and more accessible understanding of each micronutrients' importance. For those instructors who still want their students to understand the traditional chemical organization, the micronutrient chapters include detailed tables and overviews of water-soluble and fatsoluble vitamins, and the trace and major Page 37/46

minerals. Beyond the functional approach, Nutrition for Life includes applied features such as Eating Right All Day, Foods You Don't Know You Love Yet, and new Cooking videos. The Third Edition also includes additional content with engaging new features, fewer Nutri-Cases, and the new MyPlate food patterns and

recommendations. The art and photos have also been updated, along with a fresh interior design. Note: If you are purchasing the standalone text or electronic version. MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or

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Are your kids slowly getting addicted to Page 40/46

iunk food? Reverse that inclination by teaching them to eat healthy foods instead. This picture book is highly entertaining and will definitely change your children's perspective of food. By allowing them to learn to eat healthy on their own, they will easily put those concepts to practice too. Encourage our children to start reading this

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Completely revised with new chapters and sections covering everything the health-care provider needs to know when working with the older adult either at home or in nursing and long-term care facilities. Chapters cover factors affecting nutrition, nutrition and Page 42/46

disease, nutritional assessment, dining challenges and regulatory compliance. This scientifically sound and practical resource for new and experienced nutrition professionals includes new forms, resources, the food guide pyramid for older adults and an index of tales.

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