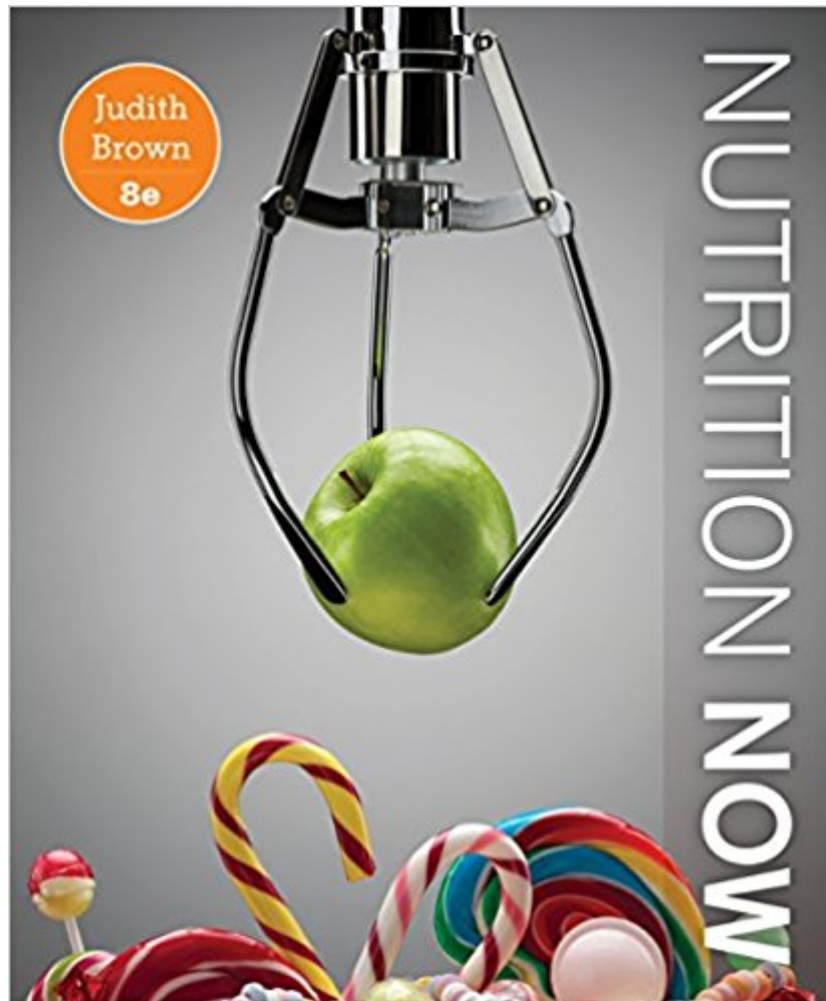




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Nutrition Now



Synopsis

Reach your diet and nutritional goals with NUTRITION NOW, 8th Edition! Understanding the basic principles of nutrition and its impacts on your health can lead to better choices and more successful diet planning now and throughout your lifetime. Chapters cover nutrition basics such as diet planning, the macronutrients, vitamins and minerals, exercise, pregnancy and lactation, global issues, and much more. NUTRITION NOW organizes content into easy-to-read, manageable units that help you focus on the concepts while applying what you have learned to your own life.

Book Information

Paperback: 704 pages

Publisher: Wadsworth Publishing; 8 edition (March 10, 2016)

Language: English

ISBN-10: 130565661X

ISBN-13: 978-1305656611

Product Dimensions: 0.8 x 8 x 10.8 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

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Customer Reviews

Judith E. Brown is a nutrition researcher, writer and speaker who provides consultation services to the food and pharmaceutical industries, and government health programs. As a Professor Emeritus of the Division of Epidemiology and the Department of Obstetrics and Gynecology, University of Minnesota, she successfully obtained and completed large, competitively funded research grants related to nutrition and health. Her areas of expertise include scientific advising on new product development, advising on product evaluation studies, public speaking to professional groups, consumer-oriented publications on topics specific to health and nutrition, and expert opinion papers on safety and efficacy of nutrients, nutraceuticals, and fortified products. Dr. Brown has more than 30 years of instructional experience in the field of nutrition. She has also been involved with writing for several years and has written more than one hundred research articles for publications. She is the author of NUTRITION THROUGH THE LIFE CYCLE, THIRD EDITION (Wadsworth, 2008). An

avid researcher and an exceptional writer and teacher, Judy Brown is one of the most influential and respected authors in the field.

Informative book that is an easy-read.

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