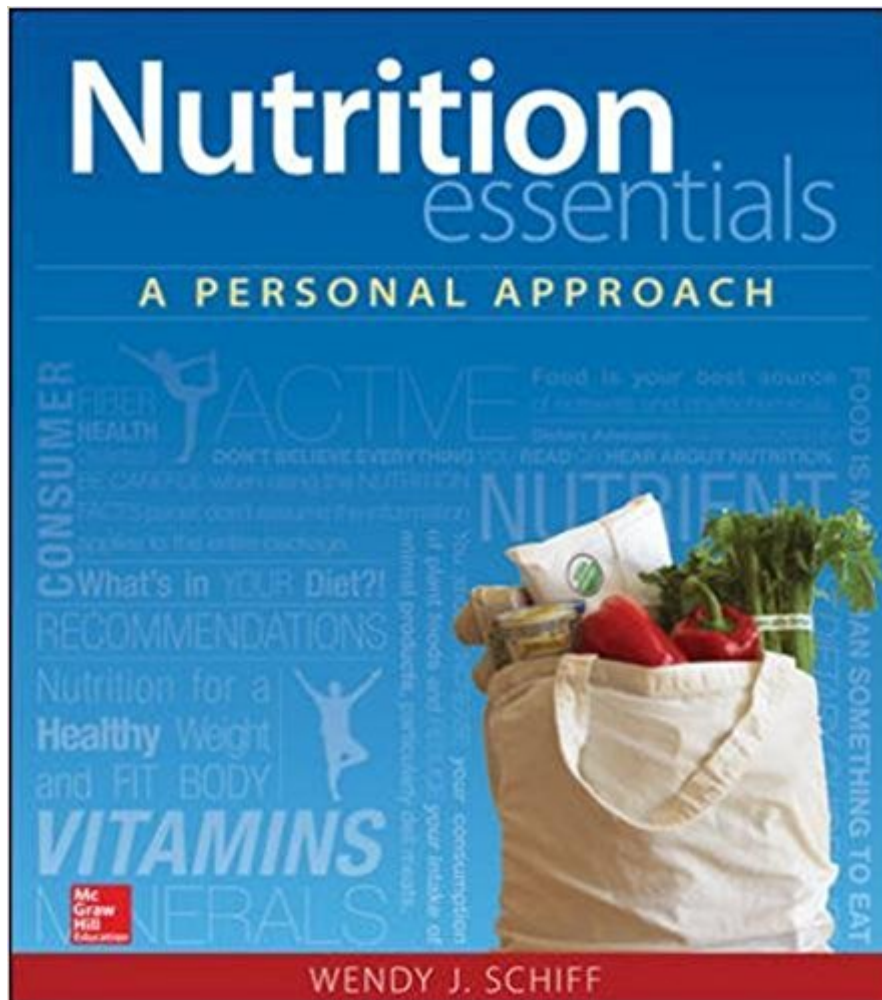




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# Nutrition Essentials: A Personal Approach



## Synopsis

Nutrition Essentials: A Personal Approach is the nutrition book that is all about YOU! The personalized, consumer focus gives plenty of practical examples to help students learn about choosing foods and making decisions that are good for their health. The proven successful digital program including Connect, NutritionCalc Plus, LearnSmart and SmartBook gives students access to one of the most effective and successful adaptive learning resources available on the market today. Nutrition is more than vegetables. Find out how weâ™re making it PERSONAL!

## Book Information

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## Customer Reviews

Wendy J. Schiff MS, RDN received her BS in biological health/medical dietetics and MS in human nutrition from The Pennsylvania State University. She has taught introductory foods and nutrition courses at the University of Missouriâ Columbia as well as nutrition, human biology, and personal health courses at St. Louis Community Collegeâ Meramec. She has worked as a public health nutritionist at the Allegheny County Health Department (Pittsburgh, Pennsylvania) and State Food and Nutrition Specialist for Missouri Extension at Lincoln University in Jefferson City, Missouri. 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 dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.

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Shipping was fast, the book is awesome too if you are into nutrition and healthy habits

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loved this book! learned so much from it.

Best price for a college class.

The book is very easy to read. There are many helpful diagrams to help reinforce the information.

Helped me out tremendously

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