

Visualizing Nutrition Everyday Choices 2nd Edition

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The 2nd edition of Visualizing Nutrition, expands upon the 1st introductory issue and continues to provide valuable information on central issues of nutritional science in a visual approach. The text includes critical topics of nutrition, to help readers understand the topics through demonstration of their relevance to their personal life.

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Visualizing Nutrition teaches students to identify and connect the central elements of nutritional science using a visual approach. As students explore important nutrition topics, they are immersed in content that not only provides scientific understanding, but demonstrates relevance to their personal lives. Students are challenged and taught the decision-making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease.

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