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Understanding Nutrition by Ellie Whitney

These have to the point information and pictorial demonstration. Conclusively, the book “ Understanding nutrition ” is worth reading. Students and nutritionists may found this book a real gift from the authors. This eBook edition is available for download from web sources. Book is pdf format has a size of 73 MB.

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Understanding Nutrition presents the core information of an introductory nutrition course. The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people's lives—describing the role of foods and nutrients in energy balance and weight control, in physical activity, in the life cycle, in disease prevention, in food safety, and in hunger.

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Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this second Australian and New Zealand edition equips students to optimise health and wellbeing. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to this region of the world.

Understanding Nutrition :Australian And New Zealand ...

Understanding Nutrition - Standalone Book: 9781337392693: ... Nutrition For Dummies, 6th Edition Carol Ann Rinzler. 4.4 out of 5 stars 233. Paperback. \$17.99. ... Ellie Whitney 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 ...

Understanding Nutrition - Standalone Book 15th Edition

1 An overview of nutrition 2 Planning a healthy diet 3 Digestion, absorption and transport 4 The carbohydrates: sugar, starches and dietary fibres 5 The lipids: triglycerides, phospholipids, and sterols 6 Protein: amino acids 7 Metabolism: transformations and interactions 8 Energy balance and body composition 9 Weight management: overweight and underweight 10 The water-soluble vitamins: B group vitamins and vitamin C 11 The fat-soluble vitamins: A, D, E, and K 12 Water and the major minerals ...

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Whitney and Rolfes' bestselling UNDERSTANDING NUTRITION with MindTap makes the science of nutrition meaningful and memorable. Updated with the latest research and the 2015-2020 Dietary Guidelines, the 15th Edition emphasizes active learning and prepares students for their future careers.

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