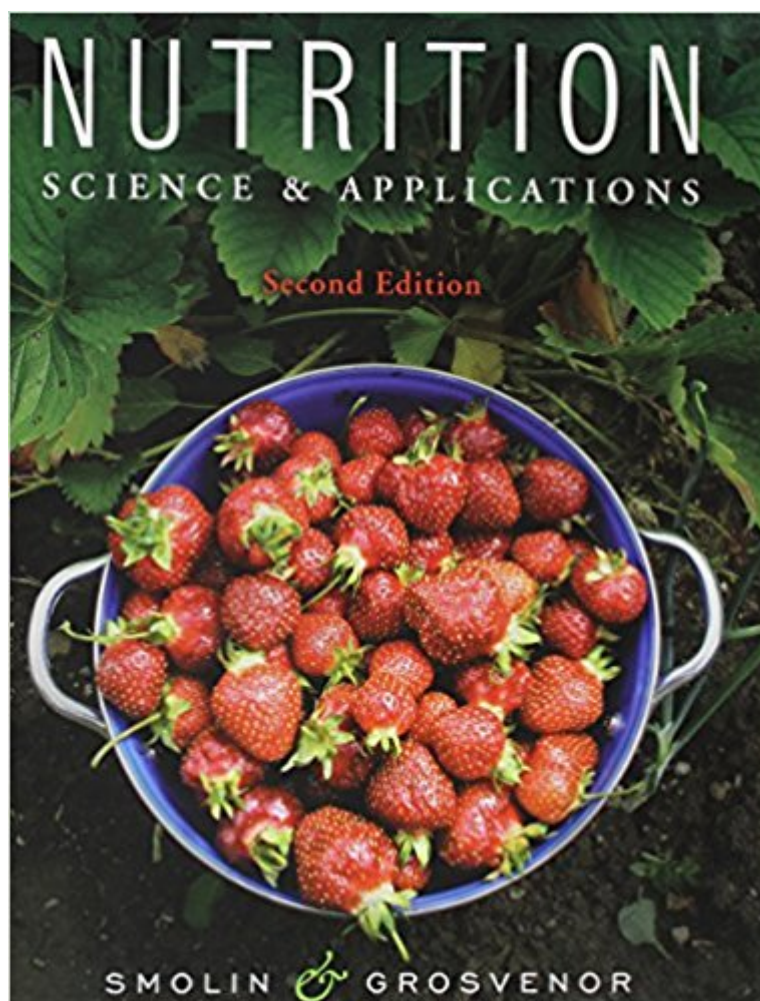


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Nutrition: Science And Applications With Booklet Package



Synopsis

Nutrition: Science and Applications, 2e helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns - both as consumers and as future scientists and health professionals. The text and WileyPLUS course has been developed through a collaboration between the authors and the Nutrition Advisory Board, a team of dedicated nutrition instructors who help review and develop all of Wiley's nutrition resources.

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Customer Reviews

Mary B. Grosvenor, M.S., R.D. Mary Grosvenor received her B.A. degree in English from Georgetown University and her M.S. in Nutrition Sciences from the University of California at Davis. She is a registered dietitian with experience in public health, clinical nutrition, and nutrition research. She has published in peer-reviewed journals in the areas of nutrition and cancer and methods of assessing dietary intake. She has taught introductory nutrition at the community college level and currently lives with her family in a small town in Colorado. She is continuing her teaching and writing career and is still involved in nutrition research via the electronic superhighway. Lori A. Smolin, Ph.D. Lori Smolin received her B.S. degree from Cornell University, where she studied human nutrition and food science. She received her doctorate from the University of Wisconsin at Madison. Her doctoral research focused on B Vitamins, homocysteine accumulation, and genetic defects in

homocysteine metabolism. She complete postdoctoral training both at the Harbor-UCLA Medical Center, where she studied human obesity, and at the University of California at San Diego, where she studied genetic defects in amino acid metabolism. She has published in these areas in peer-reviewed journals. Dr. Smolin is currently at the University of Connecticut, where she teaches both in the Department of Nutritional Sciences and in the Department of Molecular and Cell Biology. Courses she has taught include introductory nutrition, lifecycle nutrition, food preparation, nutritional biochemistry, and introductory biology.

Using this college text for an advanced high school course on Nutrition. We calculated nutritional needs (calories and food choices) for the average student, the athlete, the person who needs to improve his diet, restrict calories, decrease fats, and we have been able to do extensive food label analysis using this book. Do you read and understand food labels? Understand RDA? This is a very good textbook, and my parent wants to keep it as a reference, because it contains information to be able to calculate caloric needs, explain food groups, and link to all current government nutrition websites, such as Choose My Plate.gov. She will be able to explain nutritional needs to her patients and their parents. A new edition is coming out this year, but this book is still current, and written by college nutrition professors.

The design of the ebook is almost unusable. It is a pain to use, as Kindle for PC and Kindle for Android struggle to flip pages or even do searches for keywords. I tried one of my e-physics books on kindle from a different publisher and I was able to flip pages and search keywords effortlessly, so it's due to the weird restraints/design that Wiley put on the material.

Good book. Used it for school

I really enjoyed reading this textbook. It was thorough enough that I fully understood the concepts, but also succinct. I really can't stand authors that go off on long tangents. This textbook was very clear and easy to read. Loved the way it highlighted all the important terms and had very clear paragraph headers so I knew exactly what to read when studying. I know this is an older edition, but as far as I can tell the updated edition only makes changes to the sections on the updated food pyramid/myplate stuff. I used this older (and cheaper) version and had no problems in class.

Even though I primarily purchased this textbook because it was required for one of my classes, it is

one that I will hold onto. Whether you're interested in the biological aspect of nutrition or just the practical side for healthy living, this is the book for you. It may look dense, but all of the information is very well-written and explained thoroughly. Also included in the appendixes are helpful guides and recommendations that you can apply to your own life! As a side note, my textbook DID NOT include the Wiley iProfile. However, this is available through the textbook's main website and I HIGHLY recommend purchasing the disk. It's really neat how well you can track your diet and interesting to see what changes you should make.

Great book and great price

I bought this book for a nutrition class but it has inspired me to take nutrition seriously. I learned so much from this book about eating right and taking care of my body.

Exactly as description provided. Perfect

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