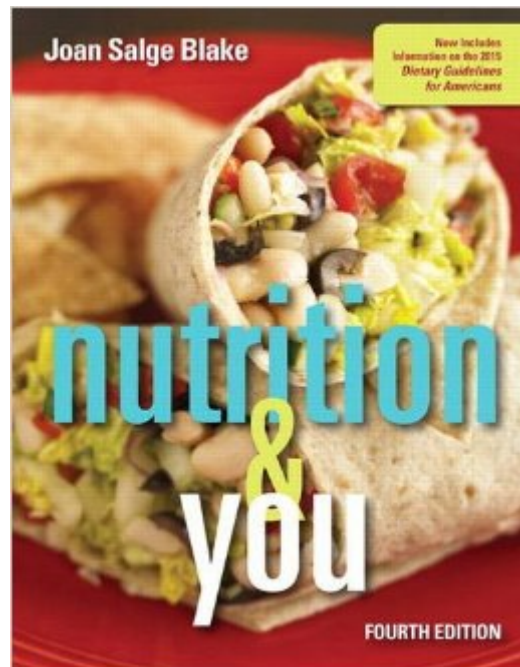


The book was found

# Nutrition & You (4th Edition)



## Synopsis

A visual approach to Introduction to Nutrition for Non-Majors. A Guide students to a deeper understanding of nutrition The Fourth Edition of Nutrition & You provides students with a personalized approach to understanding nutrition and teaches them to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools. Joan Salge Blake writes in a very engaging style, addressing the student directly, using visual analogies in order to explain concepts, and captivating students with humor. Blake encourages students to think critically and relate the science of nutrition to their own dietary habits, enabling them to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. New additions to the Fourth Edition include a clearly defined learning path with the inclusion of learning outcomes throughout the chapter, cutting-edge content on the latest dietary guidelines and Nutrition Facts Panel, along with food waste and sustainability, making the text relevant and interesting for today's students. Visual Chapter Summary learning objectives, a newly revised suite of Nutrition animations, mobile-accessible and improved NutriTools, new Health Connections case studies, and new author-narrated Focus Figure walkthroughs have all been added to help students learn more effectively. Also available with MasteringNutrition™ This title is also available with MasteringNutrition™ "an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts. Note: You are purchasing a standalone product; MasteringNutrition does not come packaged with this content. MasteringNutrition is not a self-paced technology and should only be purchased when required by an instructor. Students, if interested in purchasing this title with MasteringNutrition, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and MasteringNutrition, search for: 013416749X / 9780134167497 Nutrition & You Plus MasteringNutrition with MyDietAnalysis with Pearson eText--Access Card Package, 4/e Package consists of: 0134167546 / 9780134167541 Nutrition & You 0134209389 / 9780134209388 MasteringNutrition plus MyDietAnalysis with Pearson eText -- ValuePack Access Card -- for Nutrition & You

## Book Information

Paperback: 720 pages

Publisher: Pearson; 4 edition (January 18, 2016)

Language: English

ISBN-10: 0134167546

ISBN-13: 978-0134167541

Product Dimensions: 8.5 x 1 x 10.8 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #55,220 in Books (See Top 100 in Books) #56 in [Books > Education & Teaching > Schools & Teaching > Instruction Methods > Science & Technology](#) #653 in [Books > Health, Fitness & Dieting > Nutrition](#) #1004 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

Thank you. Great price, in decent shape and fast shipping.

[Download to continue reading...](#)

Nutrition & You (4th Edition) Nutrition & You Plus MasteringNutrition with MyDietAnalysis with Pearson eText--Access Card Package (4th Edition) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Performance Dog Nutrition - Optimize Performance With Nutrition Beating Cancer with Nutrition: Optimal Nutrition Can Improve Outcome in Medically-Treated Cancer Patients. The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Krause's Food & the Nutrition Care Process (Krause's Food & Nutrition Therapy) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) American Dietetic Association Complete Food and Nutrition Guide, Revised and Updated 4th Edition How to Teach Nutrition to Kids, 4th edition Nutrition for Life (4th Edition) Nutrition: An Applied Approach (4th Edition) Fertility, Cycles & Nutrition 4th Edition BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Analysis, Synthesis and Design of Chemical Processes (4th Edition) (Prentice Hall International Series in the Physical

and Chemical Engineering Sciences) 4th (fourth) Edition by Turton, Richard, Bailie, Richard, Whiting, Wallace B., Shaei [2012] Essays That Will Get You into Medical School (Essays That Will Get You Into... Series) 4th Edition by Dowhan, Chris, Kaufman, Dan, Dowhan, Adrienne (2014) Paperback 4th of July : Great Facts for Kids About AMERICA (Great 4th of July e-Book) (Summer Reading Collection) Nutrition & You (3rd Edition)

[Dmca](#)