



Visualizing Nutrition: Everyday Choices, 2nd Edition

Mary B. Grosvenor

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Visualizing Nutrition, 2e is intended for a one-term course in introductory Nutrition taught at both two- and four-year schools. Visualizing Nutrition, 2e offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach. As students explore the critical topics of nutrition, they create a desire to understand the topics through demonstration of their relevance to the readers personal life. The material provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease. Visualizing Nutrition's critical thinking approach and a solid underpinning of the process of science empowers students to be knowledgeable consumers when faced with decisions about what to eat. As students apply the thought processes and decision-making skills learned throughout the course, they come to understand that there are not good foods and bad foods, but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition. The premier art program, interactive components, and applicable content, make this a sure winner in sharing ones passion for Nutrition and engaging students. The new edition has been completely updated to include updated coverage and information on the latest Dietary Guidelines for Americans 2010 and all of the MyPlate information.

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