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Wardlaws Contemporary Nutrition 10th Edition

Wardlaws Contemporary Nutrition, 10th edition (with access code) Miami Dade College

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Wardlaws Contemporary Nutrition Updated with 2015 2020 ...

Contemporary Nutrition is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Current research is at the core of the tenth edition, with revised statistics, incorporation of new results of clinical trials, and updated recommendations.

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This marks the tenth edition of Wardlaw's Contemporary Nutrition. As in previous editions, we have written it to help you make informed choices about the food you eat. We will take you through explanations of the nutrients in food and their relationship to health but will also make you aware of the multitude of other factors that drive food choices.

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Wardlaw's Contemporary Nutrition - McGraw Hill

Building upon the long-standing strengths of Wardlaw's Perspectives in Nutrition, the tenth edition author team has taken a garden-fresh approach to revising this highly regarded text. Every paragraph has been scrutinized to ensure that students are exposed to scientific content and concepts that are explained accurately and precisely, and in high-interest fashion that will draw students into their first study of nutrition science.

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Contemporary Nutrition (Wardlaw's Contemporary Nutrition ...

The text provides students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Through the functional approach, Vitamins and minerals are covered based on their roles in the body.

Wardlaw's Contemporary Nutrition: A Functional Approach

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