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Nutrition by Paul M. Insel

By Paul Insel, R. Elaine Turner, Don Ross: Discovering Nutrition, Third Edition Third (3rd) Edition J.K. 5.0 out of 5 stars 2. Perfect Paperback. \$92.52. Only 1 left in stock - order soon. ... 5.0 out of 5 stars Nutrition 4th edition. Reviewed in the United Kingdom on October 26, 2012.

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This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion, metabolism, chemistry and life cycle nutrition.

Discovering Nutrition, Fourth Edition Is A Student-Friendly Introduction To Nutrition On A Non-Majors Level. Coverage Of Material Such As Digestion, Metabolism, Chemistry, And Life Cycle Nutrition Is Clearly Written, Accessible, And Engaging To Undergraduate Students. New To The Fourth Edition • Upgraded And Modernized Interior Layout • The 2010 Dietary Guidelines And MyPlate • New Section On Diet And Health, Including Sections On Obesity And Physical Activity • Vitamin And Mineral Supplements • Spotlight On Childhood Obesity • Hypertension • New Pregnancy Weight Gain Guidelines From The Institute Of Medicine And The National Research Council • Expanded Information Regarding Celiac Disease • More Content On Nutrition And Disease • Information On The Mediterranean Diet; Food Guides Of Other Countries

Rev. ed. of: Discovering nutrition / Paul Insel, R. Elaine Turner, Don

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Ross. 3rd ed. c2010.

Nutrition is unique in its behavioral approach--challenging students to actively participate, not just memorize the material. Offering a balanced coverage of behavioral change and the science of nutrition.

5 Stars! Doody's Review Service Nutrition, Fourth Edition is an accessible introduction to nutritional concepts, guidelines, and functions. It brings scientifically based, accurate information to students about topics and issues that concern them—a balanced diet, weight management, and more—and encourages them to think about the material they're reading and how it relates to their own lives. Covering important biological and physiological phenomena, including glucose regulation, digestion and absorption, and fetal development – as well as familiar topics such as nutritional supplements and exercise – Nutrition, Fourth Edition provides a balanced presentation of behavioral change and the science of nutrition.

Written with non-majors in mind, Discovering Nutrition, Sixth Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach. The text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness, while also presenting up-to-date scientific concepts in a number of innovative ways. Students will learn practical consumer-based nutrition information using the features highlighted throughout the text, including For Your Information boxes presenting controversial topics, Quick Bites offering fun facts, and the NEW feature Why Is This Important? opens each section and identifies the importance of each subject to the field.

Organized around the central theme of homeostasis, FUNDAMENTALS OF HUMAN PHYSIOLOGY is a carefully condensed version of Lauralee Sherwood's HUMAN PHYSIOLOGY: FROM CELLS TO SYSTEMS. It provides clear, current, concise, clinically oriented coverage of physiology. Many analogies and frequent references to everyday experiences help students relate to the physiology concepts presented. Offering helpful art and pedagogical features, Sherwood promotes understanding of the basic principles and concepts of physiology rather than memorization of details and provides a foundation for future careers in the health professions. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This book disseminates current information pertaining to the modulatory effects of foods and other food substances on behavior and neurological pathways and, importantly, vice versa. This ranges from the neuroendocrine control of eating to the effects of life-

threatening disease on eating behavior. The importance of this contribution to the scientific literature lies in the fact that food and eating are an essential component of cultural heritage but the effects of perturbations in the food/cognitive axis can be profound. The complex interrelationship between neuropsychological processing, diet, and behavioral outcome is explored within the context of the most contemporary psychobiological research in the area. This comprehensive psychobiology- and pathology-themed text examines the broad spectrum of diet, behavioral, and neuropsychological interactions from normative function to occurrences of severe and enduring psychopathological processes.

Nutrition: Science and Applications, Second Canadian Edition guides students towards an understanding of the scientific principles underlying what they know about nutrition. The research-based scientific content is detailed and supported by figures and comprehensive real-life examples that help students easily visualize complex processes. Using a critical thinking approach, the book contains many questions and exercises that require interpretation of research results and give students an opportunity to apply the concepts learned—both as consumers and as future scientists and health professionals. This second Canadian edition of this market leading text has updated references throughout, with seamlessly integrated Canadian content and an approach that helps students develop the scientific understanding to support their personal and professional nutrition decisions.

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