



Nutrition: An Applied Approach, MyPlate Edition, Plus MasteringNutrition with MyDietAnalysis with eText -- Access Card Package (3rd Edition)

Janice J. Thompson, Melinda Manore

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Nutrition: An Applied Approach, MyPlate Edition, Third Edition introduces nutrition in an innovative, applied presentation that helps you retain the material long after you leave the class. Recognizing the natural interest students have in nutrition, the authors demonstrate how it relates to your health and everyday life, and examine commonly held misconceptions. This book focuses on the *functions* of vitamins and minerals and relates them to everyday health issues that you can easily grasp. The applied content is focused on four key chapters—fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health. Along with a host of new features, the Third Edition includes updated theory and research findings, developing trends, and tools to challenge nutritional myths and misperceptions.

The MyPlate Edition features a write-to-fit update so that you have the latest nutrition information right within your book. New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes.

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