

### **Nutrition for Life**

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### Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.

(Prof. Antone Olson II)

### **NUTRITION FOR LIFE**



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Pearson Education (US), United States, 2015. Paperback. Book Condition: New. 4th Revised edition. 274 x 213 mm. Language: English . Brand New Book. NOTE: You are purchasing a standalone product; MasteringNutrition does not come packaged with this content. If you would like to purchase both the physical text and MasteringNutrition search for 0133878368 / 9780133878363 Nutrition for Life Plus MasteringNutrition with MyDietAnalysis with eText 2.0-- Access Card Package, 4/e Package consists of: \*0133983099 / 9780133983098 MasteringNutrition with MyDietAnalysis with Pearson eText -- Valuepack Access Card -- for Nutrition for Life \*0133853365 / 9780133853360 Nutrition for Life, 4/e MasteringNutrition should only be purchased when required by an instructor. For graduate and undergraduate nutrition students Understanding and applying nutrition to everyday life The Fourth Edition of Nutrition for Life, Mastering Nutrition Edition gives students the tools they need to effectively learn and master nutrition concepts and apply them to their daily lives. This visually rich text is packed with information and exercises to help students understand how the food they eat affects their bodies. Students will learn about essential nutrients, vitamins, minerals, and the chemical organization of micronutrients, while staying engaged with the material through self-assessments, case studies, and study aids. Nutrition for Life organizes information according to how nutrients function in the body, rather than by chemical classification, allowing students to more easily apply their knowledge to everyday situations. This new edition features new Meal Focus Figures, new Focus Figures to illustrate key concepts, and student learning outcomes listed in every chapter and correlated to the end of chapter Study Plan. Now included with Nutrition for Life, MasteringNutritionTM is an online homework, tutorial, and assessment product designed to improve results by helping students quickly master concepts. Students benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour...



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