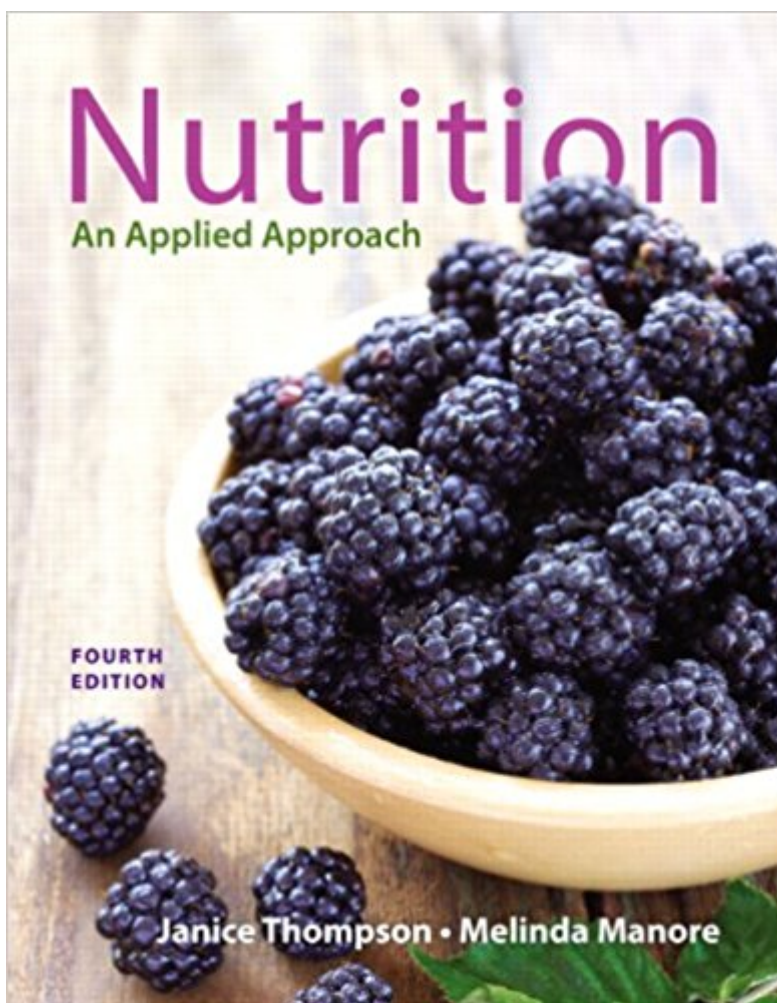


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# Nutrition: An Applied Approach (4th Edition)



## Synopsis

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-- **Nutrition: An Applied Approach, Fourth Edition** introduces you to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. Building on your natural interest in nutrition, the authors demonstrate in a clear, conversational style how key nutritional information relates to your personal health and nutrition, and show how to debunk commonly held misconceptions. The applied approach is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary functions within the body. The applied content is focused on key content areas: fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health—topics of particular importance to instructors. You can easily grasp this accessible conceptual framework for understanding the role nutrients play in bodies and overall health. The Fourth Edition features MasteringNutrition<sup>®</sup>, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. Master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback. This program will provide a better teaching and learning experience<sup>™</sup> for you. Here's how:

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**Emphasize applications:** Practice core nutrition concepts by using MyDietAnalysis, a software system that allows you to complete a diet assignment and then enter the information to create a variety of reports, in addition to other tools. **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 ISBN-10: 0321908740/ISBN-13: 9780321908742. That package includes ISBN-10: 0321910397/ISBN-13: 9780321910394 and ISBN-10: 0321956737/ISBN-13: 9780321956736. MasteringNutrition is not a self-paced technology and should only be purchased when required by an instructor.

## Book Information

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## Customer Reviews

Janice Thompson earned her Ph.D. at Arizona State University in exercise science with an emphasis in exercise physiology and nutrition. She is currently a professor in the School of Sports and Exercise Sciences at The University of Birmingham, U.K. Her work in the United Kingdom focuses on developing nutrition and physical activity interventions to reduce the risk for cardiovascular disease and type 2 diabetes in high-risk populations. Janice has retained her U.S. affiliation as a nutrition and exercise research consultant with the Office of Native American Diabetes Programs at the University of New Mexico Health Sciences Center. Janice is a fellow of the American College of Sports Medicine (ACSM) and a member of the American Society for Nutrition (ASN), the British Association of Sport and Exercise Science (BASES), and The Nutrition Society. Janice won an undergraduate teaching award while a faculty member at the University of North Carolina, Charlotte. Janice publishes two other nutrition books with Pearson: the higher-level majors text, *The Science of Nutrition* (just published in its 3rd edition), and the consumer-level book, *Nutrition for Life, Third Edition*. In addition, Janice co-authored *Sport Nutrition for Health and Performance*, with Melinda Manore (published by Human Kinetics). Melinda Manore earned a

doctorate in human nutrition with a minor in exercise physiology at Oregon State University, and a master's degree in health education from the University of Oregon. She is currently a professor in the Department of Nutrition and Exercise Sciences at Oregon State University, where she teaches and conducts research in the area of nutrition and exercise. Before coming to Oregon State, she taught at Arizona State University for 17 years. Melinda's areas of specialization include nutritional requirements and issues for active women, nutrition assessment, and the role that nutrition and exercise play in health, energy balance, obesity, and disordered eating. A registered dietitian, Melinda is an active member of the American Dietetic Association (ADA). She is Past Chair of the ADA Research Committee and the Research DPG (Dietetic Practice Group). Melinda is a member of the American Society of Nutritional Sciences (ASNS), the American Society for Clinical Nutrition (ASCN), the North American Association for the Study of Obesity (NAASO), the National Academy of Sciences Committee on Military Nutrition Research, and a Fellow of the American College of Sports Medicine (ACSM). Melinda writes a nutrition column for and is an associate editor for ACSM's Health and Fitness Journal, and she has won numerous awards for excellence in research and teaching. While at Arizona State University, she was nominated for the Distinguished Mentor of Women Award (1996), and the College of Liberal Arts & Sciences Alumni Association Outstanding Teaching Award (1998, 2000). In 2001, she received the SCAN Excellence in Practice Award. Melinda co-authored *The Science of Nutrition, Third Edition* with Janice Thompson and Linda Vaughan; *Nutrition for Life, Third Edition* with Janice Thompson; and co-authored the Human Kinetics title *Sport Nutrition for Health and Performance* with Janice.

I just started reading this text book for a Nutrition class and I have to say, out of all the text books I have read in my college years this one is turning out to be one of the easiest to read. The content is clear and straight forward. The authors do a great job at giving you simple to understand descriptions and images to clarify any confusing points. They also do a great job at keeping sections from dragging on, and even add in quirky stories to break up the reading (they are pretty cheesy stories, but serve their purpose). The only criticisms I have is that the questions/quizzes at the end of the chapter don't always mirror what you just learned, and others are a bit confusing when you find out what the answer really is. Also, some information should be touched on a bit more in the main text of the book and then in more detail in the boxed off sections, such as equations etc ( I know they already do this, but if i'm going to be asked on how to convert and what not in quizzes, I would like a bit more emphasis that I WILL need to practice this a bit more, if that makes any sense at all?). However, though I am only a few chapters in, based on what I have read I

would definitely recommend this book to future nutrition students/classes. It is an enjoyable and informational read!

This is a great buy if you don't want or can't afford the \$100+ new edition of the text. The only qualm I have is there aren't any page numbers, just "locations". I don't even know what that means! So when my teacher asks us to turn to page so and so, I'll have to look off my neighbor that has the physical text, see what the page looks like, then click through to find it myself. I have the Kindle program on my laptop, so it might have page numbers on the actual Kindle device. So other than the page number situation, the books perfect. Just be sure to check with your professor that you can bring your laptop/device to class. Some profs find it rude if you do it without asking. Hope this helps!

Needed it for class and it got the job done, the cover always made me really hungry though.

It was optional to have this for my online fundamental of human nutrition class this semester, but I'm so glad that I went ahead and got it. There is so much straight-forward information packed into this book and it is very informative. Unlike other boring textbooks, this one is filled with information that is actually relative to everyone's life and it isn't boring to read.

This book has been so interesting, helpful, and insightful. I was not looking forward to reading about nutrition because it was not part of my college major but it was required under my general education requirements. When I actually began to read this textbook, I loved it. I never felt nutrition was important to me because I'm young and not in bad health, but I was so wrong with thinking that was enough to not feel concerned. This textbook showed why nutrition is truly important to everyone and this gives alternative meal ideas and reasons why to eat healthy without giving the reader guilt for their nutritional choices. This has really improved my eating habits and I am thankful to have read this.

Book came in very poor conditions but it's a rental anyway. The covers are barely hanging on.

Bought this book because I needed it for my nutrition course. I really loved the lay out of it. Everything was easy to find and in a logical order. I used it on my tablet for the semester and didn't have a problem with it. The design elements were well placed throughout and the visuals were appealing. It did a great job of breaking up texts with diagrams. A great book of basics for visual

learners.

as expected

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