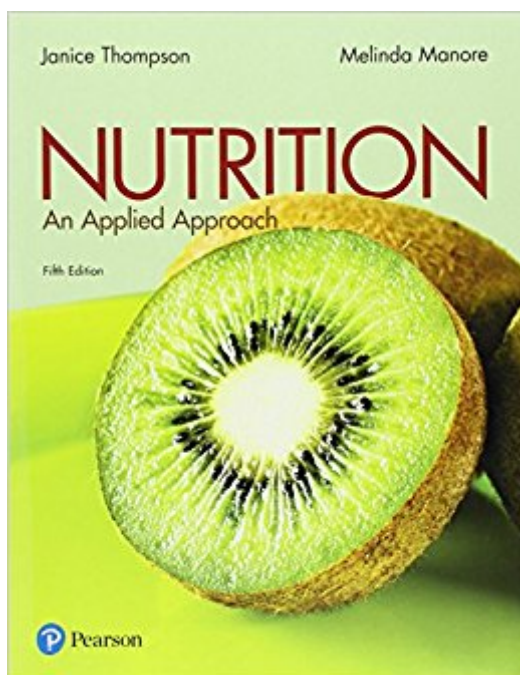


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Nutrition: An Applied Approach (5th Edition)



Synopsis

For courses in Nutrition for non-science majors. Nutrition concepts applied to our daily lives
Nutrition: An Applied Approach introduces non-science majors to nutrition with an innovative format that promotes long-term learning without rote memorization. Key focus areas include: functions of vitamins and minerals in the body, fluid and electrolyte balance, antioxidant function, bone health, energy metabolism, and blood health. The 5th Edition shows how nutrition concepts apply to our daily lives with new chapters on food equity, sustainability, and obesity. A new suite of ABC News Videos and Focus Figures explore nutrition, human disease, and nutrients found in food. To engage students and help them learn, understand, and retain even the most difficult concepts, each chapter now includes Learning Outcomes and a new study plan that connects to Mastering Nutrition reading quizzes and exercises. Also available with Mastering Nutrition Mastering Nutrition is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts.

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Customer Reviews

Janice Thompson, PhD, FACSM University of Birmingham Janice Thompson earned a doctorate in exercise physiology and nutrition at Arizona State University. She is currently Professor of Public Health Nutrition and Exercise at the University of Birmingham, UK, in the School of Sport and Exercise Sciences. Her research focuses on designing and assessing the impact of nutrition and physical activity interventions to reduce the risks for obesity, cardiovascular disease, and type 2 diabetes in high-risk populations. She also teaches nutrition and research methods courses and mentors graduate research students. Thompson is a Fellow of the American College of Sports Medicine (ACSM), a member of the Scientific Committee of the European College of Sports Science, and a member of the American Society for Nutrition (ASN), the British Association of Sport and Exercise Science (BASES), and the Nutrition Society. Thompson won an undergraduate teaching award while at the University of North Carolina, Charlotte, a Community Engagement Award while at the University of Bristol, and the ACSM Citation Award for her contributions to research, education, and service to the Exercise Sciences. In addition to The Science of Nutrition, Janice coauthored the Pearson textbooks Nutrition: An Applied Approach and Nutrition for Life with Melinda Manore. Janice loves hiking, yoga, traveling, and cooking and eating delicious food. She likes almost every vegetable except fennel and believes chocolate should be listed as a food group.

Melinda Manore, PhD, RD, CSSD, FACSM Oregon State University Melinda Manore earned a doctorate in human nutrition with minors in exercise physiology and health at Oregon State University (OSU). She is the past chair of the OSU Department of Nutrition and Food Management and is currently a professor of nutrition. Prior to OSU, she was a professor at Arizona State University. Manore's area of expertise is nutrition and exercise, particularly the role of diet and exercise in health and prevention of chronic disease, exercise performance, and energy balance. She has a special focus on the energy and nutritional needs of active women and girls across the life cycle. Manore is an active member of the Academy of Nutrition and Dietetics (AND) and the American College of Sports Medicine (ACSM).

She is the past chair of the AND Research Dietetic Practice Group; served on the AND Obesity Steering Committee; and is an active member of the Sports, Cardiovascular, and Wellness Nutrition Practice Group. She is a fellow of ACSM and has served as vice president and on the Board of Trustees and received the ACSM Citation Award for her contributions to research, education, and service to the Exercise Sciences. Melinda is also a member of the American Society of Nutrition (ASN) and the Obesity Society. She is the past chair of the US Department of Agriculture (USDA) Nutrition and Health Committee for Program Guidance and Planning and currently is chair of the USDA, ACSM, AND Expert Panel Meeting, Energy Balance at the Crossroads: Translating Science into Action. She serves on the editorial board of numerous research journals and has won awards for excellence in research and teaching. Manore also coauthored the Pearson textbooks Nutrition: An Applied Approach and Nutrition for Life with Janice Thompson. Manore is an avid walker, hiker, and former runner who loves to garden, cook, and eat great food. She is also an amateur birder.

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 throughtout 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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