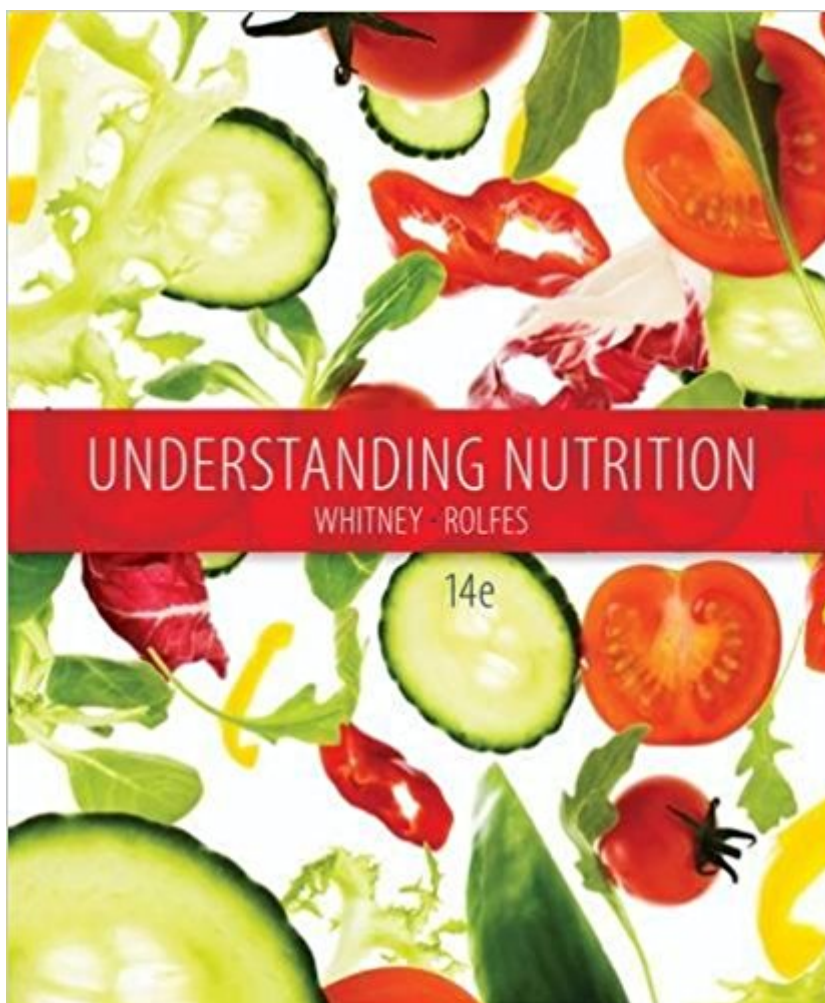


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# Understanding Nutrition



## Synopsis

More than one million readers make UNDERSTANDING NUTRITION the best-selling introductory nutrition book on the market today! Now in its 14th Edition, this book maintains the quality and support that discerning readers demand in nutrition applications and science that are ideal at introductory levels. New and updated topics refresh every chapter, along with the emphasis on active learning, assignable content, and integrated resources that help you advance your knowledge and career. Connecting with you through an approachable writing style, UNDERSTANDING NUTRITION, 14th Edition includes twenty chapters on topics such as diet planning, macronutrients, vitamins and minerals, diet and health, fitness, life span nutrition, food safety, and world hunger, among others. Combined with a carefully developed art program and a variety of interactive activities, UNDERSTANDING NUTRITION, 14th Edition continues to set the standard for introductory nutrition texts.

## Book Information

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## Customer Reviews

Get Ahead with Whitney/Rolfes's Understanding Nutrition [View larger](#) [View larger](#) [View larger](#) Complete and Relevant The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people's lives. **Highlights** Every chapter is followed by a highlight that provides readers with an in-depth look at a current, and often controversial, topic that relates to its companion chapter. **Diet Tracking** Nutrition Portfolio sections in each chapter invite you to

evaluate your own dietary choices and set healthy goals through activities in the Diet and Wellness Plus digital app, for a truly personal perspective on nutrition. [How To](#); [Tasks](#) These in-text sections help you develop practical skills, such as calculating energy intake from carbohydrate, fat, and protein. A [Try It](#) activity follows each section for plenty of practice.

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Ellie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida A&M University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is Priceless Florida: The Natural Ecosystems (Pineapple Press, 2004). Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages

a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including Understanding Nutrition. In addition to writing, Ms. Rolfes consults on educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, she received her MS in Nutrition and Food Science from Florida State University.

I wasn't expecting to write a review for this, honestly, but I was impressed. It's very well-written and has a lot of unbiased, helpful information for laypeople as well as students. I kind of wish I had purchased it instead of renting it for school - I'll be sad to send it back.

I will keep for reference. The loose leaf allows me to carry a few chapters at a time and can study anywhere--without the weight of this very large textbook. The format of the chapters repeats points that enhances your learning without even realizing it.

Excellent textbook as well as a reference book! Anything you need to know about nutrition is contained in the text as well as the indices. A great book to keep on your bookshelf long after you take the course!

The information presented in this text is very out of date.

I didn't have a chance to use this book as it was a rental and I dropped the class. But, from what I could see from skimming the book, it seems to be right on the money.

Nice book, I used it for my basic nutrition class. I learned quite a bit from this book and enjoyed reading it. Pretty easy to read and understand. Lots of graphs and charts that make for easy understanding.

I had to have this book for my college course of Nutrition. But the book was so expensive that I did not want to buy it and I only bought online access code first. However after working through the middle of the semester I decided to buy the whole book for my own personal reference because it has an amazing amount of information. And it is very thick, hard cover, ton of objective information, really worth the money.

Nutrition information

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