



Nutrition: An Applied Approach, 3/e

Melinda Manore Janice Thompson

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Nutrition: An Applied

Approach, 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.

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