



Nutrition for Life

Janice Thompson, Melinda Manore

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Nutrition for Life capitalizes on students' natural interest in nutrition by demonstrating how nutrition relates to their health. A unique aspect of the text is its presentation of nutrients based on function, not on chemical classification. Nutrition: Making It Work for You, The Human Body: Are We Really What We Eat?, Carbohydrates: Bountiful Sources of Energy and Nutrients, Fat: An Essential Energy-Supplying Nutrient, Proteins: Crucial Components of All Body Tissues, Vitamins: Micronutrients with Macro Powers, Minerals: Tissue Builders and Impulse Transmitters, Fluids: The Inner River of Life, Achieving and Maintaining a Healthful Body Weight, Nutrition and Physical Activity: Keys to Good Health, Nutrition Throughout the Life Cycle, Nutrition Issues: The Production, Safety, and Security of the World's Food Supply For all readers interested in nutrition.

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