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Nutrition for Healthy Living takes an innovative approach to basic nutrition. With its uniquely concise organization and a distinct focus on consumerism, this engaging, fun-to-read text will provide students with the scientific foundation needed to make informed nutritional lifestyle decisions well beyond the classroom.

"Contemporary Nutrition" Sixth Edition Update is designed for students with little or no background in college-level biology, chemistry or physiology. Updated to include the new 2005 Dietary Guidelines And MyPyramid information, "Contemporary Nutrition" will provide students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. With his friendly writing style, Gordon Wardlaw acts as the student's personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices.

An introductory nutrition text appropriate for nutrition and science majors, as well as mixed majors/non-majors nutrition courses. This text has current, in-depth and thoughtful introduction to the dynamic field of nutrition. The 8th edition introduces a new author team whose primary goal has been to maintain the strengths and philosophy that have been the hallmark of this book yet enhance the accessibility and personal application of materials for today's students.

Wardlaw's Perspectives in Nutrition has the richly deserved reputation of providing an accurate, current, in-depth, and thoughtful introduction to the dynamic field of nutrition. The authors have endeavored to build upon this tradition of excellence by enriching this edition for both students and instructors. Their passion for nutrition, genuine desire to promote student learning, and their commitment to scientific accuracy, coupled with constructive comments from instructors and students, guided them in this revision.

"Wardlaw's Contemporary Nutrition is designed to accurately convey changing and seemingly conflicting messages to all kinds of students. Our students commonly have misconceptions about nutrition, and many have a limited background in biology or chemistry. We teach complex scientific concepts at a level that will enable you to apply the material to your own life. This marks the eleventh edition of Wardlaw's Contemporary Nutrition. We are very excited to introduce you to our newest author, Dr. Colleen Spees! Like our other authors, she is a Registered Dietitian Nutritionist, which means she will help you to translate nutrition science into practical advice. At The Ohio State University, Dr. Spees is a valued expert on cancer, nutritional genomics, and food security. We are thrilled to add her unique perspective and contemporary ideas. As in previous editions, we have written this book to help you make informed choices about the food you eat. We will take you through explanations of the nutrients in food and their relationship to health and make you aware of the multitude of other factors that drive food choices. To guide you, we refer to many reputable research studies, books, policies, and websites throughout the book. With this information at your fingertips, you will be well equipped to make your own informed choices about what and how much to eat. There is much to learn, so let's get started!"--

This text describes the four major methods of nutritional assessment-dietary, anthropometric, biometric, and clinical-in an understandable and contemporary way. The book thoroughly covers assessment of the hospitalized individual but also is invaluable to the nutrition professional working in such areas as public health and community nutrition, corporate health, and sports medicine.

For your classes in Personal Health, McGraw-Hill introduces the latest in its acclaimed M Series. The M Series started with your students. McGraw-Hill conducted extensive market research with over 4,000 students to gain insight into their studying and buying behavior. Students told us they wanted more portable texts with innovative visual appeal and content that is designed according to the way they learn. We also surveyed instructors, and they told us they wanted a way to engage their students without compromising on high quality content. This exciting text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It's a new way of looking at health: "It's not just personal..." More current, more portable, more captivating, plus a rigorous and innovative research foundation adds up to: more learning. When you meet students where they are, you can take them where you want them to be.

Advanced Sports Nutrition helped thousands of athletes apply the most effective and cutting-edge strategies for optimal fueling and performance. Now this best-seller returns, updated with the latest research, topics, and innovations in sports nutrition. Far beyond the typical food pyramid formula, Advanced Sports Nutrition offers serious strategies for serious athletes. This comprehensive guide includes the latest nutrition concepts for athletes in any sport. World-renowned sports nutritionist Dr. Dan Benardot breaks down the chemistry of improved performance into winning principles that ensure athletes' key energy systems are properly stocked at all times: -Meal, energy, and nutrient timing guidelines to maintain that crucial energy balance throughout the day -Optimal ratios and quantities of nutrients, vitamins, and minerals for any sport -Guidelines on indentifying and maintaining optimal body composition for maximal power, strength, and athletic performance -The latest research on ergogenic aids, such as quercetin and caffeine -Strategies for avoiding gastrointestinal distress during activity and reducing exercise-induced inflammation -The effects of travel, high altitude, and age on nutrition needs and performance -Strategies for balancing fluid and electrolytes to avoid dehydration and hyperhydration -Sport-specific guidelines for increased power, strength, and endurance The best conditioning programs and technical instruction are beneficial only if your body is properly fueled and ready to operate at peak efficiency. With Advanced Sports Nutrition, Second Edition, you can be assured that when you are ready to push the limits of training and competition, your body is, too.

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