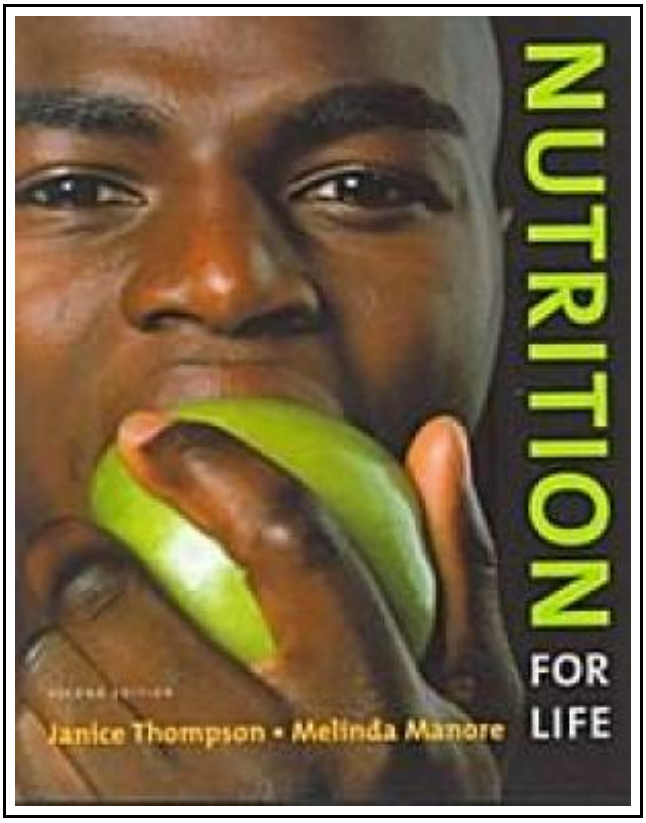
Nutrition for Life



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Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).
(Dr. Marcos Grimes III)

NUTRITION FOR LIFE

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Pearson Education, 2009. Softcover. Book Condition: Neu. Neu Neuware. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - 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, rather than chemical classification. The book offers a chapter on vitamins and one on minerals, but within these chapters micronutrients are organized based on their functions within the body (tissue guardians, antioxidants, energy generators, essential electrolytes, mineral power plants, blood fortifiers, bone builders), enabling students to think about micronutrients on a conceptual level. This discourages rote memorization and promotes true understanding of each micronutrients' importance. For instructors who still want their students to understand the traditional chemical organization, each chapter lists a table and brief discussion of the vitamins or minerals grouped into the water-soluble and fat-soluble categories. Beyond the functional approach of the book, Nutrition for Life includes applied features such as Game Plans and What About You self-assessments.The Second Edition features additional practical text and box features, a new nutri-case character, and margin journaling features. 590 pp. Englisch.

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