

Visualizing Nutrition Everyday Choices Canadian Edition

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visualizing nutrition helps students understand the science behind nutrition the
sociocultural impact of food and diet and the many ways dietary choices affect metabolism
health and well being providing an immersive and engaging visual approach to nutrition
science this accessible textbook teaches students how to think critically about what to eat
empowering them to be informed consumers when making nutrition decisions rooted in
contemporary nutritional research the text highlights the importance of diet in preventing
disease and improving general health and wellness the fifth edition has been fully revised
throughout containing the most current information available on the 2020 2025 dietary
guidelines for americans readable easy to understand chapters explore digestion
carbohydrates proteins and amino acids vitamins and minerals energy balance weight
management physical activity nutrition during pregnancy and other important nutrition
topics the book features a comprehensive range of pedagogical tools and multimedia
resources designed to increase comprehension strengthen critical thinking skills and
demonstrate the relevance of nutrition in students personal lives

this comprehensive book provides nutritionists with an easy to understand overview of
key concepts in the field the material is presented along with vivid images from the
national geographic society illustrations and diagrams numerous pedagogical features are

integrated throughout the chapters including health and disease wellness and making sense of the information that make the material easier to understand by following a visual approach nutritionists will quickly learn the material in an engaging way

visualizing nutrition teaches students to identify and connect the central elements of nutritional science using a visual approach as students explore important nutrition topics they are immersed in content that not only provides scientific understanding but demonstrates relevance to their personal lives students are challenged and taught the decision making skills needed to navigate the countless choices they will face in promoting their good health and preventing disease visualizing nutrition s critical thinking approach with a solid underpinning of the scientific process empowers students to be knowledgeable consumers when faced with decisions about what to eat

this text is an unbound binder ready edition visualizing nutrition 2e is intended for a one term course in introductory nutrition taught at both two and four year schools visualizing nutrition 2e offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach as students explore the critical topics of nutrition they create a desire to understand the topics through demonstration of their relevance to the reader s personal life the material provides students with the decision making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease visualizing nutrition s critical thinking approach and a solid underpinning of the process of science empowers students to be knowledgeable consumers when faced with decisions about what to eat as students apply the thought processes and decision making skills learned throughout the course they come to understand that there are not good foods and bad foods but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition the premier art program interactive components and applicable content make this a sure winner in sharing ones passion for nutrition and engaging

students the new edition has been completely updated to include updated coverage and information on the latest dietary guidelines for americans 2010 and all of the myplate information choosemyplate gov

nutrition everyday choices provides students with the decision making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease a critical thinking approach and a solid underpinning of the process of science empowers students to be knowledgeable consumers when faced with diverse information about emerging diseases such a sars biotech foods and gene therapy as students apply the thought processes and decision making skills learned throughout the course they come to understand that there are not good foods and bad foods but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition

this thrid edition of visualizing nutrition everyday choices include the most recent nutrition inforamtion and recommendations along with improved illustrations and critical thinking pedagogy

the 2nd edition of visualizing nutrition expands upon the 1st introductory issue and continues to provide valuable information on central issues of nutritional science in a visual approach the text includes critical topics of nutrition to help readers understand the topics through demonstration of their relevance to their personal life the material provides decision making skills needed to navigate the myriad of choices readers face in promoting good health and preventing disease visualizing nutrition s critical thinking approach and a solid underpinning of the process of science empowers readers to be knowledgeable consumers when faced with diverse information about emerging diseases such a sars biotech foods and gene therapy as they apply the thought processes and decision making skills learned throughout the course they come to understand that there are not good foods and bad foods but rather that each choice is only part of an overall healthy diet and

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