

[PDF] Understanding Nutrition

Ellie Whitney, Sharon Rady Rolfes - pdf download free book



Books Details:

Title: Understanding Nutrition
Author: Ellie Whitney, Sharon Rady R
Released:
Language:
Pages: 928
ISBN: 1133587526
ISBN13: 9781133587521
ASIN: 1133587526

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This best-selling introductory nutrition text is praised for its approachable narrative, engaging presentation, and careful explanations. The new Thirteenth Edition of Whitney and Rolfes' UNDERSTANDING NUTRITION takes the study of nutrition to a new level with an integrated pedagogy and an emphasis on active learning, assignable content, and integrated resources. From its beautiful and carefully developed art program to its strong science base, contemporary coverage, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20

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