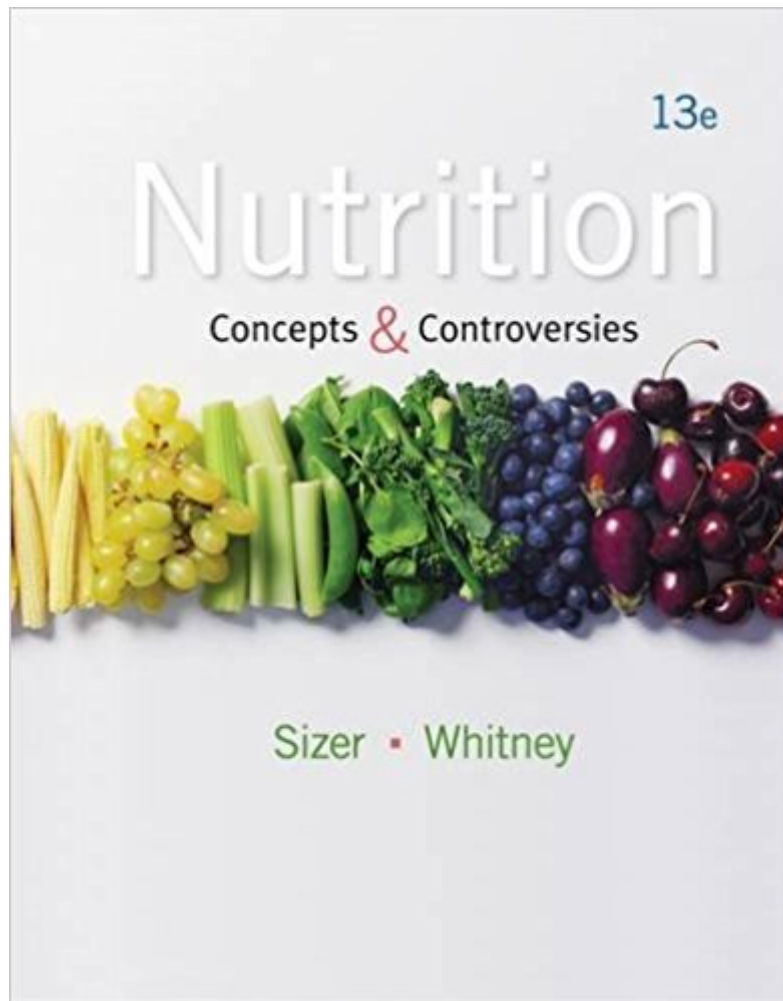


The book was found

Nutrition: Concepts And Controversies, 13th Edition



Synopsis

Ideal for both non-majors and mixed-majors, **NUTRITION: CONCEPTS AND CONTROVERSIES** provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes. Do pregnant women really crave pickles and ice cream? Are carbohydrates good or bad? These and many more topics are explored in **NUTRITION: CONCEPTS AND CONTROVERSIES**. The Thirteenth Edition of this text dispels common misconceptions about nutrition, and equips you with a thorough understanding of important nutrition concepts and tools that empower you to make informed decisions about your own nutrition choices. Known for its clear explanations that show you how topics relate to your life, the text provides the basics of nutrition--from how to be a good consumer to understanding the science of nutrition--and is packed with interactive learning tools and study aids to help you in your course. Available with InfoTrac Student Collections <http://goCengage.com/infotrac>.

Book Information

Series: 13e

Paperback: 864 pages

Publisher: Cengage Learning; 13th edition (April 9, 2013)

Language: English

ISBN-10: 1133603181

ISBN-13: 978-1133603184

Product Dimensions: 1 x 8.2 x 10.5 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (126 customer reviews)

Best Sellers Rank: #5,542 in Books (See Top 100 in Books) #1 in Books > Medical Books > Nursing > Medical Nutrition #5 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #34 in Books > Textbooks > Science & Mathematics > Biology & Life Sciences

Customer Reviews

The first chapters establish the who's bad and who's good in the field of nutrition. The bad are best characterized by tv charlatans selling supplements. The good are best characterized by govt. bureaucracies and others who publish research. What's most curious is that where food comes from, and the complete change in food production and market forces that have propelled what we eat in the last hundred years aren't mentioned. So words like soil, industrial farming, mergers and acquisitions, and the extreme limitations in diversity of crop selection don't get a mention in this book

on American Nutrition. In the first chapter the reader is confronted with developing his or her methods for changing what she eats. The necessity for personal change carries on throughout. It isn't a book about nutrition as much as it is a "how to" book and a book advocating specific govt. funded nutrient oriented approach to eating. Entities like FDA, CDC, USDA, and NHHS, who coordinate with the food and chemical corporations to fundamentally monetize our food production, are the same entities that publish the charts and guidelines the authors require the student study. The student must answer questions about "The Dietary Reference Index", "Recommended Daily Allowance", "Adequate Intakes" charts, Acceptable Nutrient Distribution Ranges", "Estimated Average Requirements", "Tolerable Upper Intake Levels", etc..... These are amazingly overlapping guidelines would each - individually be adequate for the purpose of guiding nutrition. The differences in methodology and bureaucratic overkill in these competing guidelines for eating could lead to mental paralysis before your first bite is taken from your new diet.

[Download to continue reading...](#)

Nutrition: Concepts and Controversies, 13th Edition Nutrition: Concepts and Controversies Nutrition: Concepts and Controversies, MyPlate Update Nitrate Therapy and Nitrate Tolerance: Current Concepts and Controversies Williams' Basic Nutrition & Diet Therapy 13th (thirteenth) edition The Presidency and the Constitution: Cases and Controversies Federal Income Taxation, 13th (Concepts and Insights Series) Sports in Society: Issues and Controversies Challenges and Controversies in Kidney Transplantation Controversies in Neurosurgery Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) Performance Dog Nutrition - Optimize Performance With Nutrition Beating Cancer with Nutrition: Optimal Nutrition Can Improve Outcome in Medically-Treated Cancer Patients. Krause's Food & the Nutrition Care Process (Krause's Food & Nutrition Therapy) Concepts and Case Analysis in the Law of Contracts (Concepts and Insights) Chirba's Concepts and Case Analysis in the Law of Contracts, 7th (Concepts and Insights Series) Fundamental Nursing Skills and Concepts (Timby, Fundamentals Nursing Skills and Concepts)

[Dmca](#)