

Discovering Nutrition

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written with non majors in mind discovering nutrition sixth edition introduces students to the fundamentals of nutrition with an engaging and personalized approach the text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in a number of innovative ways students will learn practical consumer based nutrition information using the features highlighted throughout the text including for your information boxes presenting controversial topics quick bites offering fun facts and the new feature why is this important opens each section and identifies the importance of each subject to the field

issued with access to navigate 2 online learning materials

incorporating the latest research and dietary guidelines discovering nutrition seventh edition introduces students to the fundamentals of nutrition with an engaging and personalized approach written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an

emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways thoroughly updated the new seventh edition covers current nutrition topics of interest such as personalized nutrition nutrigenomics the obesogenic environment gut health microbiome plant based diet functional foods bioavailability nutrition density and gut microbiome feature boxes such as the new lifestyle medicine why is this important quick bites and more ensure students learn practical nutrition information

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life cycle nutrition texts generally lack specificity when it comes to breaking down each portion of the lifespan nutrition across life stages carefully differentiates different segments of the pediatric and geriatric populations providing a comprehensive rundown of normal and clinical nutrition for lactation infancy early childhood older adult and geriatric populations

behavioral nutrition is an approach that focuses on the relationship between human behavior and food this includes how people choose what to eat when to eat how much to eat and why the goal of this e book is to help people develop healthy eating habits and achieve and maintain a healthy weight this can be achieved through behavior change techniques such as self monitoring goal setting and self reflection it can be used to help people with a variety of weight related problems including obesity eating disorders and weight related mental health problems this may include helping people deal with binge eating learning to recognize their eating needs discovering what prevents them from following a healthy diet and finding ways to change their eating behaviors in addition to working with individuals behavioral nutrition can also be used to help promote healthy eating habits in entire communities and populations this may include working with schools to improve school feeding programs working with businesses to improve food options available in the workplace and working with community groups to promote healthy eating and physical activity programs all these and other aspects of behavioral nutrition you will find here within this fantastic nutritional guide with diets recommendations habits and much more

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