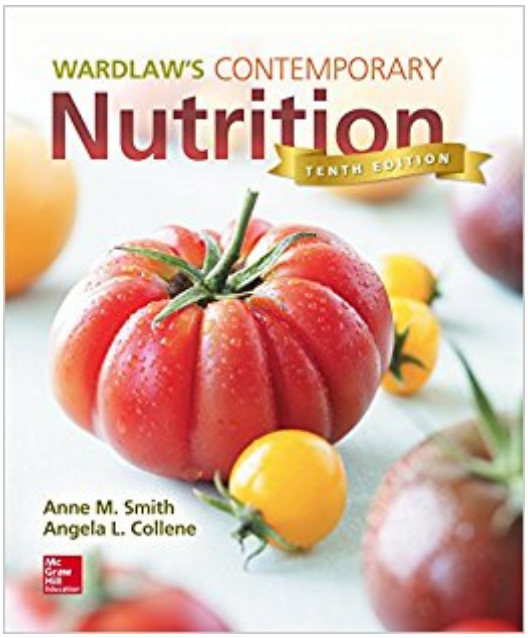
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Wardlaw's Contemporary Nutrition



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Synopsis

Contemporary Nutrition is a complete and balanced resource for nutrition information written at a level non-science majors can understand. Current research is at the core of the tenth edition, with revised statistics, incorporation of new results of clinical trials, and updated recommendations. The text provides students who lack a strong science background the ideal balance of reliable nutrition information and practical consumer-oriented knowledge. Always looking to make the content relevant to learners, the authors highlight health conditions, medications, food products, and supplements students or members of their families may be using. With their friendly writing style, the authors act as the studentÃ¢â ¬â„¢s personal guide to dispelling common misconceptions and to gaining a solid foundation for making informed nutrition choices.

Book Information

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Customer Reviews

ANNE M. SMITH, Ph.D., R.D., L.D., is an associate professor at The Ohio State University. She was the recipient of the 1995 Outstanding Teacher Award from the College of Human Ecology, the 2008 Outstanding Dietetic Educator Award from the Ohio Dietetic Association, the 2006 Outstanding Faculty Member Award from the Department of Human Nutrition, and the 2011 Distinguished Service Award from the College of Education and Human Ecology for her commitment to undergraduate education in nutrition. Dr. SmithÃ¢â ¬â„¢s research in the area of vitamin and mineral metabolism has appeared in prominent nutrition journals, and she was awarded the 1996 Research Award from the Ohio Agricultural Research and Development Center. She is a

member of the American Society for Nutrition and the Academy of Nutrition and Dietetics.ANGELA L. COLLENE, M.S., R.D., L.D., began her career at her alma mater, The Ohio State University, as a research dietitian for studies related to diabetes and aging. Other professional experiences include community nutrition lecturing and counseling, owner of a personal chef business, and many diverse and rewarding science writing and editing projects. Her interests include novel approaches to glycemic control, weight management, andÃ¢â ¬â ¢quite predictably for the mother of three little girlsÃ¢â ¬â ¢maternal and child nutrition. Mrs. Collene currently teaches nutrition to nursing students at Ohio Northern University in Ada, Ohio, and is a member of the Academy of Nutrition and Dietetics.

This book was utilized in a university level course on nutrition. As such, while the book was well utilized over the course of the semester for examining everything from fats and carbohydrates to diets and cultural practices, with case studies mixed in along the way, many topics were not covered in depth (meaning that the book has more use than just an introductory textbook). However, this being said, the book cannot make up for up-to-date information obtained from the USDA and other governmental organizations and NGOs, especially concerning current social issues, recommended daily allowances (RDAs), recommended daily intake (RDI), adequate intake (AI), recent food-borne pathogens and their danger, and in depth analyses of issues requiring gluten free diets and the like.By the way, make sure to check the price prior to purchasing. Used versions looks just as great but at 10% of the cost...if that.

Just the book I needed and arrived on time!

Very easy to understand and help you to memorize.

The book has been useful! I recommend it to others who care about their health.

Rented the textbook for a class I’m taking this semester... Super excited about the price for rental but came pretty damaged. Has water stains and cover is folded. Still worth the great rental price though.

Bought this for a class and usually required texts are dry and dull but I’ve enjoyed reading and working through this book. Lots of good information and later out in a way that gets you thinking.

Very well written and informative. Use as a textbook for a college course.

Wardlaw's Contemporary Nutrition is an easy-to-read, attractive text that is a pleasure to read. Every box, case study, and paragraph taught me something, often without my realizing I was learning at all. Given today's obesity epidemic and the problems that come with it, this is an outstanding text for nursing and other health-related profession students.

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