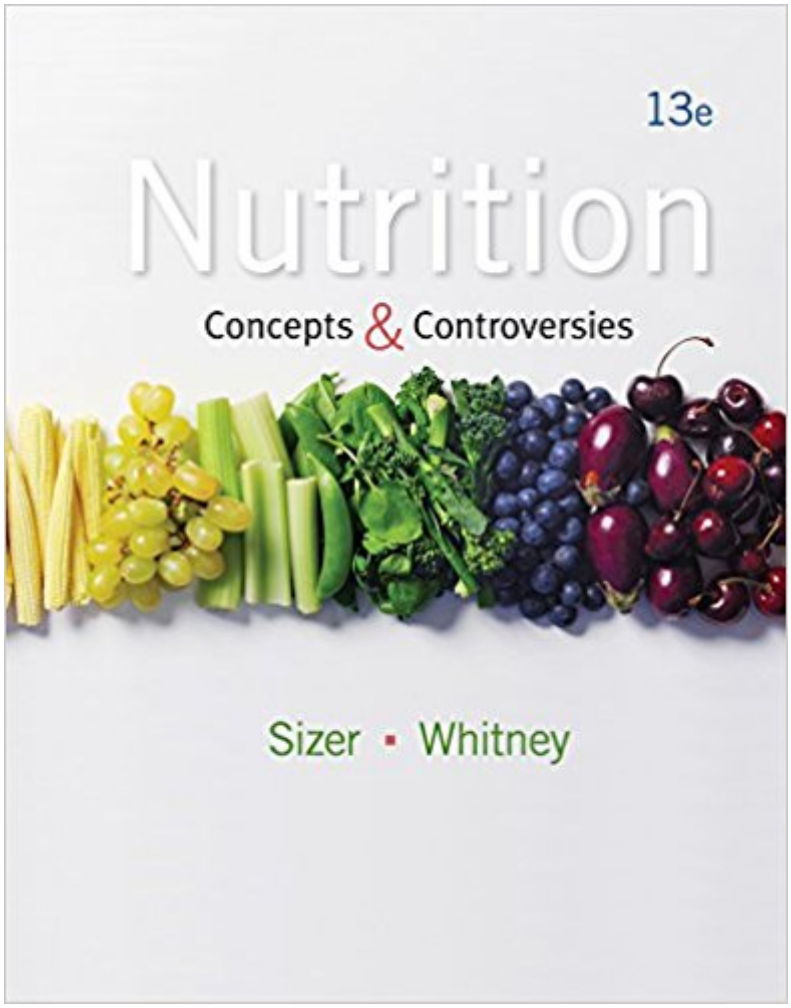
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Nutrition: Concepts And Controversies



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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.

Book Information

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Customer Reviews

Frances Sizer, M.S., RD, FADA, is certified as a charter Fellow of the American Dietetic Association. She is also a founding member and vice president of Nutrition and Health Associates, a Florida-based information and resource center that maintains an online bibliographic database tracking system that conducts research in more than 1,000 topic areas of nutrition. In addition to the best-selling NUTRITION: CONCEPTS AND CONTROVERSIES, Sizer was a primary author of the first ever instructional and animated NUTRITION INTERACTIVE CD-ROM (Cengage Wadsworth). Her previous publications include NUTRITION CLINICS, a monograph series for health professionals, and the college text THE FITNESS TRIAD: MOTIVATION, TRAINING, AND

NUTRITION. In addition to writing, enjoying her family, and schooling her horse in dressage, Sizer is also an active board member of ECHO, a local hunger and homelessness relief organization in her community. Sizer received her B.S. and M.S. in nutrition from Florida State University.Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics--many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then co-wrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby.

I LOVE S COLLEGE BOOK RENTAL FEATURE! This kind of stuff is what makes amazing. The book got to my house in ONE day! The book was exactly what I needed for my class. Easy to return. No marks in the book, which made it easy to read. The book itself is super informational. Well worth a read if you are interested in health and fitness.

It is a very complete book. It has lots of information, charts to complement it and clear images. I recommend it to anyone looking to improve their diet or in a nutrition class for which this book is required. It IS worth the money. You can keep it after your class and use it to improve your health. Just so you know, 4 of the leading causes of death in the US are nutrition related (they are in the book) and you want to live long enough to enjoy life, right? A healthy diet HELPS you to do that.I have used the information in this book to help some friends who WERE experiencing weight gain and I am glad that they have told me my suggestions were key for them to lose weight.This book will not disappoint you. Recommended 5 stars

It is great needed it for a class but I’m not spending $160 for a book for a class that’s only 8 weeks long. Great price and received the book fast and in excellent condition.

Most students groan at the sight of a textbook, but Nutrition: Concepts & Controversies, co-authored by Frances Sizer and Ellie Whitney, is in a league of its own. Written for use in nutrition courses yet easy enough to read without previous knowledge, this book presents the basic concepts of nutrition

in an informative way with an interesting style of writing and a pleasing overall appearance.A textbook’s primary purpose is to inform the reader of its chosen topic and Nutrition: Concepts & Controversies is no different. It contains an incredible amount of knowledge in many areas of nutrition which gives the reader a basic foundation in this area. For instance the textbook goes through topics such as carbohydrates, fats, and proteins as well as vitamins, minerals, and other topics as well. It even includes modern controversial nutrition topics such as "Osteoporosis: can lifestyle choices reduce the risks?" (317). The textbook explains these controversies and debunks false popular misconceptions. The knowledge is also presented in a way that helps readers apply the nutritional information to their own diet making it practical as well. Although there is a wealth of information, Nutrition: Concepts & Controversies is far from boring since it has an interesting style of writing. Easy language is used throughout to explain the information making it straightforward and simple to grasp. Easy language is more interesting since it’s not hard to understand what is written and helps to hold the reader’s attention. For instance when carbohydrates are first introduced, the textbook initially begins by explaining how the simple carbohydrates - the sugars - are formed from the sunlight in plants. It writes, "Through photosynthesis, plants combine carbon dioxide, water, and the sun’s energy to form glucose" (107). This helps the reader to understand things right from the very beginning of carbohydrate synthesis and lays the foundation for further information on the topic. The authors also wrote their textbook in an affable manner, making the reader feel as if they are conversing with him as opposed to reading plain dry facts. The controversies the authors present are contemporary issues that affect most people which further promote a reader’s interest.What strikes the reader immediately when looking at this textbook is the pleasing appearance of the text. Each page has an excellent layout and includes many graphical illustrations and photographs. There are also many charts and graphs to facilitate comprehension of the information. Looking through this textbook is a pleasurable experience overall.Nutrition: Concepts & Controversies is the perfect nutrition textbook for instructors and students alike. The authors Sizer and Whitney create a refreshing, palatable text that provides a wealth of important nutritional information in an appealing and easy format. This is definitely a textbook that students will want to keep when the semester is over instead of selling back.

It was worn down and seemed as if something had been spilt on it. Probably shouldn’t have been sent out after that but it worked.

Great book for my college nutrition classes. Gives a god overview of basic nutrition and how food

affects the body.

I found this to be a good book on the subject of nutrition in terms of increasing my general understanding (I didn't come w/ a great deal of scientific info on the topic). It was written in an accessible and lucid manner which I had no difficulty understanding w/out an instructor. Also, its style and intent are not strictly "text book" in that they attempt to motivate and inspire people to apply the principles in their daily lives. On the other hand I will concur w/ the other reviewer who made some complaints. When I checked the bibliography for some of the reference articles cited, in certain instances they seemed to only marginally support the claims the author was stating as certainty (I should state that I am not a scientist and did not do any exhaustive studies). Overall I am satisfied I made the purchase and recommend it to someone who wanted to introduce themselves to the topic.

Just what I needed for class.

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