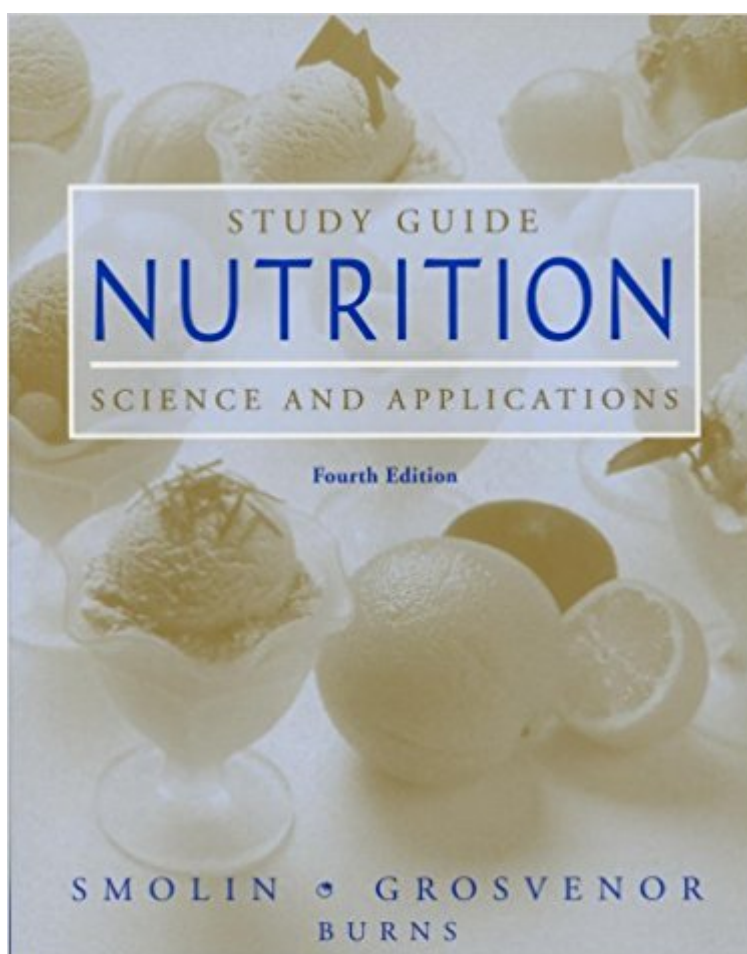


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Study Guide To Accompany Nutrition: Science And Applications, 4th Edition



Synopsis

Work more effectively and gauge your progress along the way! Designed to be used alongside Smolin and Grosvenor's Nutrition, 4th Edition, this Study Guide provides students with a wealth of material to help ensure that they are successful in the course. This study guide includes chapter outlines, multiple-choice questions, short-answer review questions, and a variety of learning activities. Ice cream or sorbet, red meat or fish, fruits or pastries, eggs or oatmeal – our lives are filled with choices about what we eat. That's why Lori Smolin and Mary Grosvenor's Nutrition: Science and Applications, 4th Edition helps you understand how to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day. Now updated to include the new Dietary Reference Intakes (DRIs) published in the fall of 2002, the Fourth Edition offers new and expanded coverage of such cutting-edge nutritional topics as the relationship between genetics and body weight regulation and the ecological impact of genetically modified foods and organic food production. In addition, this edition features a new chapter, Meeting Nutrient Needs: Food Versus Supplements, which discusses the benefits and drawbacks of meeting nutritional needs with foods, fortified foods, and supplements, as well as the role of herbal supplements.

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