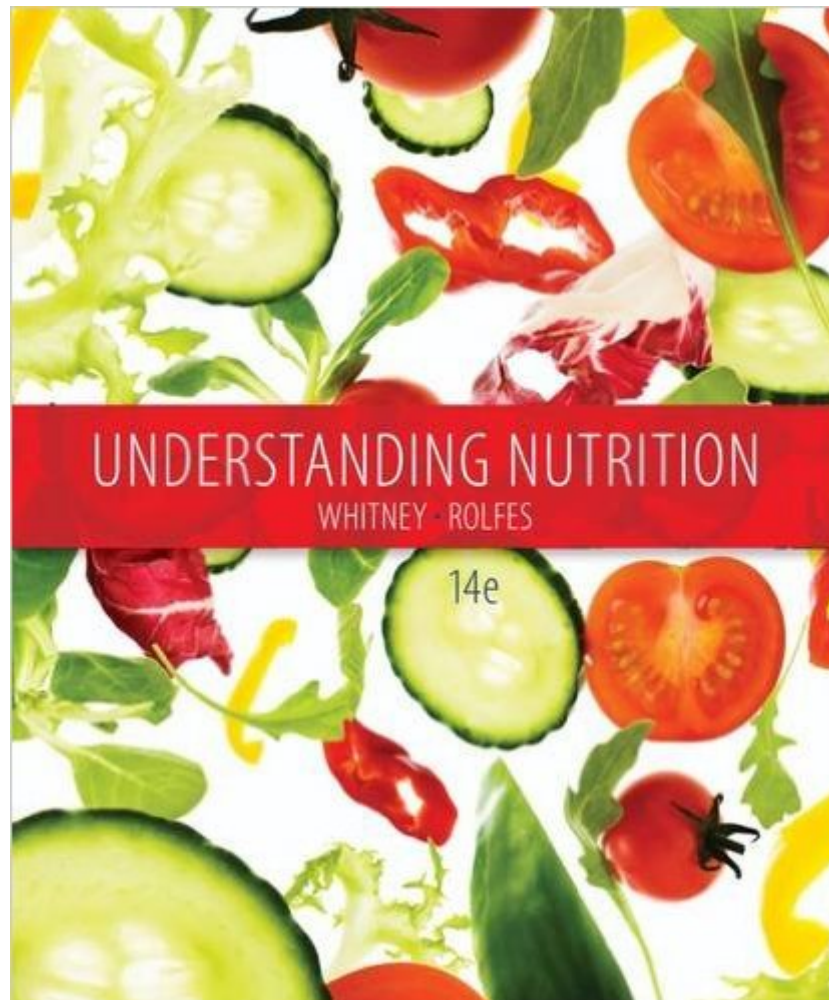


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# Understanding Nutrition



## Synopsis

More than one million readers make UNDERSTANDING NUTRITION the best-selling introductory nutrition book on the market today! Now in its 14th Edition, this book maintains the quality and support that discerning readers demand in nutrition applications and science that are ideal at introductory levels. New and updated topics refresh every chapter, along with the emphasis on active learning, assignable content, and integrated resources that help you advance your knowledge and career. Connecting with you through an approachable writing style, UNDERSTANDING NUTRITION, 14th Edition includes twenty chapters on topics such as diet planning, macronutrients, vitamins and minerals, diet and health, fitness, life span nutrition, food safety, and world hunger, among others. Combined with a carefully developed art program and a variety of interactive activities, UNDERSTANDING NUTRITION, 14th Edition continues to set the standard for introductory nutrition texts.

## Book Information

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Get Ahead with Whitney/Rolfes's Understanding Nutrition [View larger](#) [View larger](#) [View larger](#) [View larger](#) Complete and Relevant The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people's lives. Highlights Every chapter is followed by a highlight that provides readers with an in-depth look at a current, and often controversial, topic that relates to its companion chapter. Diet Tracking & Nutrition Portfolio sections in each chapter invite you to evaluate your own dietary choices and set healthy goals through activities in the Diet and Wellness

Plus digital app, for a truly personal perspective on nutrition.      &#039;How To&#039; Tasks

These in-text sections help you develop practical skills, such as calculating energy intake from carbohydrate, fat, and protein. A &#039;Try It&#039; activity follows each section for plenty of practice.

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