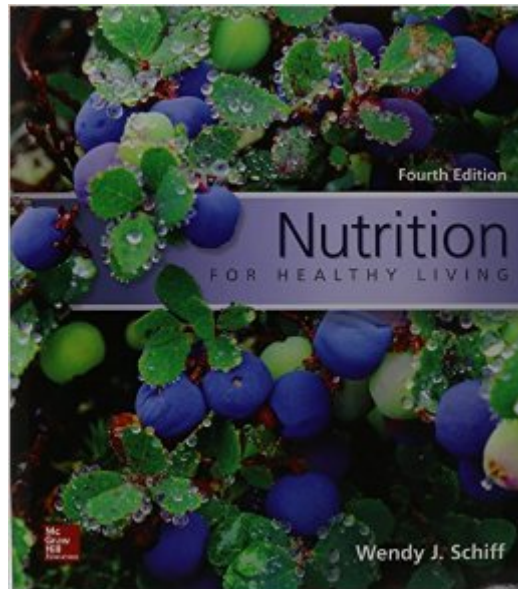


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# Nutrition For Healthy Living



## Synopsis

COMING SOON: Revised for 2015 Dietary Guidelines Completely revised, up-to-date, and redesigned, the fourth edition of Nutrition for Healthy Living takes an innovative approach to introductory nutrition for non-science majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text provides students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (23 customer reviews)

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## Customer Reviews

Just as full of interesting and useful information as it is full of horrid grammar and spelling errors. And the online supplemental material is even worse. Wendy Schiff desperately needs a good editor, and to learn the proper use of the word "comprised", which she used well over 200 times in the book, and nearly all of them were incorrect.

Textbook looks great but do know when you order from this company they do NOT provide a tracking number. When you choose regular shipping for your product(s), which is between I believe 4-14 days, it's going to take the longer period to get to you. My book took me 11 days to get to me, 3 weeks after I had started school. I had contacted the seller twice and both times they got back to me quickly, however did not follow up in finding the tracking of my textbook like they said they would which was a little frustrating.

I absolutely love this book!!! I read the entire book!!! It was so perfect because it has GREAT PICTURES all over in it, and a very absorbable writing style. I had read another nutrition book previously to reading this book and that book was so boring and unabsorbable that I hardly learned anything out of it. This book was a fun read to me!

I absolutely love this book. I used it for my nutrition class in college, but it is simply a lovely book! I recommend it to anyone interested in nutrition, whether you are taking a class, raising a family or just interested in bettering your lifestyle. I found the pages beautifully laid out and the information worthwhile and informative.

It doesn't have the learnsmart registration code useless for my class my professor is not letting me use this book unless with the registration code.

very good book on healthy Nutrition, my wife was so happy when she received the book, since then her way of cooking change , thanks so much for such book

This was the textbook for my 200 level Human Nutrition class in college. I didn't have time to read a whole lot of it, but it seemed decent.

Great textbook, I learned a lot from it! Good quality and condition and fairly unbiased, fact based statements written throughout.

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