



# Visualizing Nutrition: Everyday Choices

*Mary B. Grosvenor, Lori A. Smolin*

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*Visualizing Nutrition 3<sup>rd</sup> Edition Binder Ready Version* is intended for a one-term course in Introductory Nutrition taught at both two- and four-year schools. Visualizing Nutrition, 3e offers students a valuable opportunity to identify and connect the central issues of nutritional science in a visual approach. As students explore the critical topics of nutrition, they create a desire to understand the topics through demonstration of their relevance to the reader's personal life. The material provides students with the decision-making skills needed throughout their lifespan to navigate the myriad of choices they will face in promoting their good health and in preventing disease. Visualizing Nutrition's critical thinking approach and a solid underpinning of the process of science empowers students to be knowledgeable consumers when faced with decisions about what to eat. The premier art program, interactive components, and applicable content make this a sure winner in sharing ones passion for nutrition. This text is an unbound, binder-ready version.

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