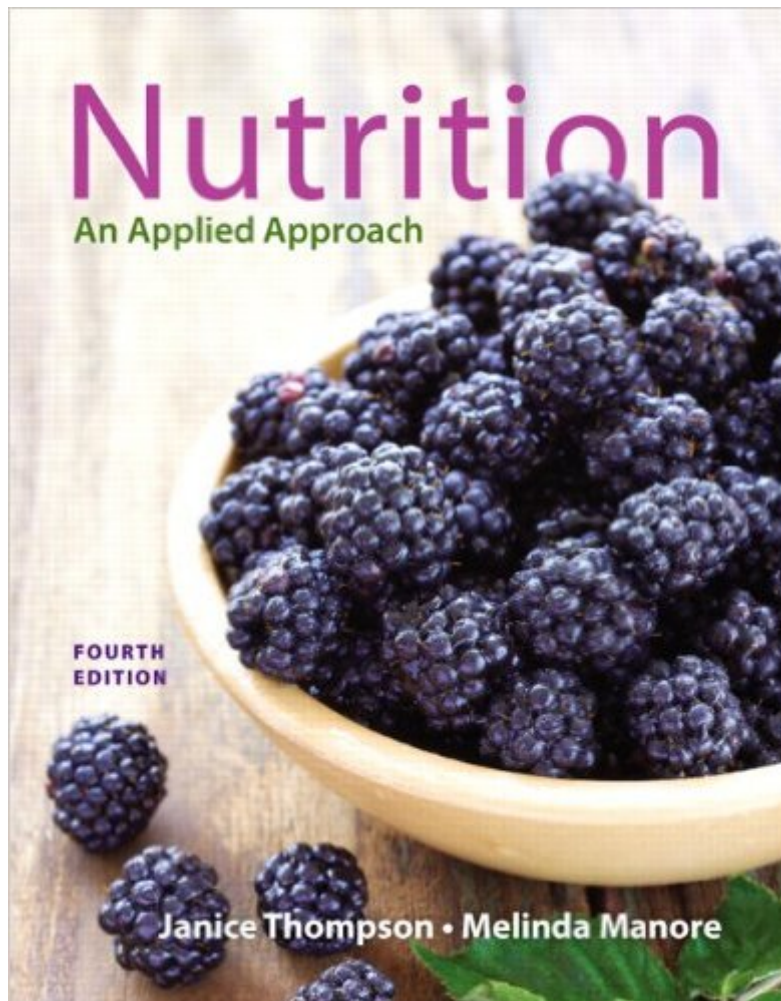


The book was found

# Nutrition: An Applied Approach (4th Edition)



## Synopsis

**ALERT:** Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products.

**Packages** Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase.

**Used or rental books** If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code.

**Access codes** Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase.

-- **Nutrition: An Applied Approach, Fourth Edition** introduces you to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. Building on your natural interest in nutrition, the authors demonstrate in a clear, conversational style how key nutritional information relates to your personal health and nutrition, and show how to debunk commonly held misconceptions. The applied approach is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary functions within the body. The applied content is focused on key content areas: fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health—topics of particular importance to instructors. You can easily grasp this accessible conceptual framework for understanding the role nutrients play in bodies and overall health. The Fourth Edition features MasteringNutrition<sup>®</sup>, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. Master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback. This program will provide a better teaching and learning experience<sup>™</sup> for you. Here's how:

**Personalize learning with MasteringNutrition** : Improve results quickly by mastering concepts from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to keep you on track. Help students visualize and understand tough topics: **All-New Focus Figures** appear in bold, full-page displays throughout the text to help teach you the toughest topics in nutrition.

**Emphasize applications:** Practice core nutrition concepts by using MyDietAnalysis, a software system that allows you to complete a diet assignment and then enter the information to create a variety of reports, in addition to other tools. **Note:** You are purchasing a

standalone product; MasteringNutrition does not come packaged with this content. If you would like to purchase both the physical text and MasteringNutrition search for ISBN-10: 0321908740/ISBN-13: 9780321908742. That package includes ISBN-10: 0321910397/ISBN-13: 9780321910394 and ISBN-10: 0321956737/ISBN-13: 9780321956736. MasteringNutrition is not a self-paced technology and should only be purchased when required by an instructor.

## Book Information

Paperback: 744 pages

Publisher: Pearson; 4 edition (January 9, 2014)

Language: English

ISBN-10: 0321910397

ISBN-13: 978-0321910394

Product Dimensions: 8.2 x 1.1 x 10.7 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (34 customer reviews)

Best Sellers Rank: #15,065 in Books (See Top 100 in Books) #23 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Basic Sciences > Physiology #41 in Books > Medical

Books > Basic Sciences > Physiology #225 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

It was optional to have this for my online fundamental of human nutrition class this semester, but I'm so glad that I went ahead and got it. There is so much straight-forward information packed into this book and it is very informative. Unlike other boring textbooks, this one is filled with information that is actually relative to everyone's life and it isn't boring to read.

it came quickly with all the pages, and since I needed it for my major, i ended up buying it. Some things the class doesn't teach you later on are in here, such as 'diets' and planning to eat for pregnancy.

Bought this book because I needed it for my nutrition course. I really loved the lay out of it.

Everything was easy to find and in a logical order. I used it on my tablet for the semester and didn't have a problem with it. The design elements were well placed throughout and the visuals were appealing. It did a great job of breaking up texts with diagrams. A great book of basics for visual learners.

Very happy and satisfied with my purchase of my new book. The book came in great condition with no damages and had a speedy delivery date. It looks like a great book. It has a lot of pictures and images inside. As a visual learner, I really appreciate when a textbook has these for students to see. Overall, very happy and satisfied.

Heads up, access code does not come with book. I would have spent way less money (\$70 to be exact) because you are led to believe that purchasing a brand new book will entitle you to an access code. Not until the very bottom, do you see the fine print. As usual. Next time state up front that no access code comes with it

My book skips from page 370 to 403, without any tears in the book, the pages are just nonexistent. So when assigned to read chapter ten, I am going to fail.

Its kind of annoying that it isn't bound, the pages are very thin and rip out of the binder easily. I would save yourself some cash and just buy the code and use the e-text for your class.

Rented it for school, fast shipping and the book is actually interesting and with up to date information!

[Download to continue reading...](#)

Nutrition: An Applied Approach (4th Edition) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Performance Dog Nutrition - Optimize Performance With Nutrition Beating Cancer with Nutrition: Optimal Nutrition Can Improve Outcome in Medically-Treated Cancer Patients. The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Complete Nutrition Guide for Triathletes: The Essential Step-By-Step Guide To Proper Nutrition For Sprint, Olympic, Half Ironman, And Ironman Distances Krause's Food & the Nutrition Care Process (Krause's Food & Nutrition Therapy) Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) Elena Bablenis Haveles BS Pharm Pharm D's Applied Pharmacology 6th (Sixth) edition (Applied Pharmacology for the Dental Hygienist [Paperback])(2010) Applied Biopharmaceutics & Pharmacokinetics, Sixth Edition (Shargel, Applied Biopharmaceutics & Pharmacokinetics) Applied Cryptography: Protocols, Algorithms, and Source Code in C [ APPLIED CRYPTOGRAPHY: PROTOCOLS, ALGORITHMS, AND SOURCE CODE IN

C BY Schneier, Bruce ( Author ) Nov-01-1995 Applied Therapeutics: The Clinical Use of Drugs (APPLIED THERAPEUTICS (KODA-KIMBLE)) Elementary Stochastic Calculus With Finance in View (Advanced Series on Statistical Science & Applied Probability, Vol 6) (Advanced Series on Statistical Science and Applied Probability) American Dietetic Association Complete Food and Nutrition Guide, Revised and Updated 4th Edition How to Teach Nutrition to Kids, 4th edition Nutrition & You (4th Edition) Nutrition for Life (4th Edition) Nutrition & You Plus MasteringNutrition with MyDietAnalysis with Pearson eText--Access Card Package (4th Edition) Fertility, Cycles & Nutrition 4th Edition Applied Hydrogeology (4th Edition)

[Dmca](#)