

Nutrition Essentials A Personal Approach

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Nutrition Essentials: A Personal Approach

Nutrition Essentials: A Personal Approach has a consumer-oriented focus, providing practical tips for applying concepts. such as ways to prepare foods to make them safer and healthier, and ways to become a savvy consumer of nutrition-related information. It also provides non-nutrition majors with the basic scientific principles of nutrition in a highly visual, engaging context.

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