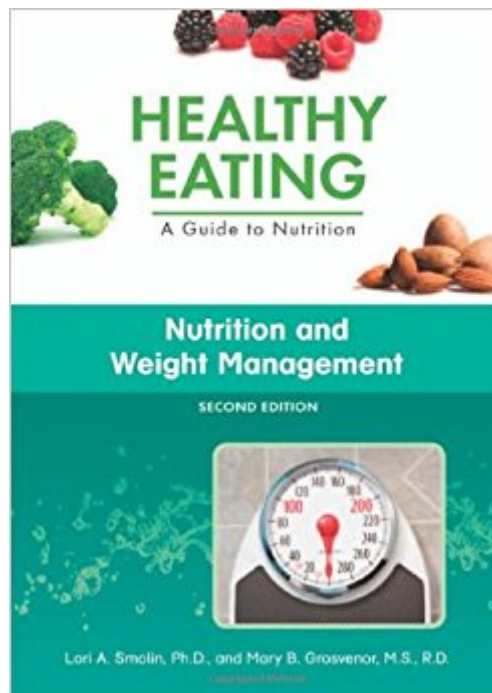




The book was found

Nutrition And Weight Management (Healthy Eating: A Guide To Nutrition)



Synopsis

The obesity epidemic in the United States and abroad is growing, and weight has become a rising concern in today's society. *Nutrition and Weight Management, Second Edition* discusses the concept of weight management as well as the role that social, cultural, and genetic factors play in determining weight and body size. Coverage includes the importance of a nutritious diet and what constitutes healthy eating, the physical and psychological effects of being overweight and underweight, and the pros and cons of various diets.

Book Information

Series: Healthy Eating: A Guide to Nutrition

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Customer Reviews

Grade 9 Up – College nutrition professor Smolin and registered dietician/science writer Grosvenor certainly know their material. Dense with technical terminology, chemical charts, and scientific studies, these books delve into the complexities of nutrition as it relates to general health and specifically regarding weight management and athletic performance, aiming to enable readers to make informed choices regarding personal diet. While the depth of information will be useful to student researchers, the dry presentation and proliferation of technical vocabulary are likely to put off casual readers. The emphasis here is on the chemical processes of the human body, with minor attention given to practical guidance on choosing a healthy diet. The texts are broken up by frequent subheadings in color, and "Fact Box" sidebars add bits of human interest, with color photos and anatomical diagrams throughout. Specific subjects covered in *Basic Nutrition* include six classes of nutrients and how each is used physically. *Weight Management* looks at energy balance and weight

control, the effects of genetics and environment, and consideration of various diets. Sports examines proper nutrition and hydration for peak performance, common nutrition problems encountered by athletes, and dietary supplements. For a treatment that is more teen-friendly and less technical, look to Marjolijn Bijlefeld's Food and You (Greenwood, 2001), Mary Turck's Healthy Eating for Weight Management (Capstone, 2001), and Eric Harr's The Portable Personal Trainer (Broadway, 2001). --This text refers to an out of print or unavailable edition of this title.

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