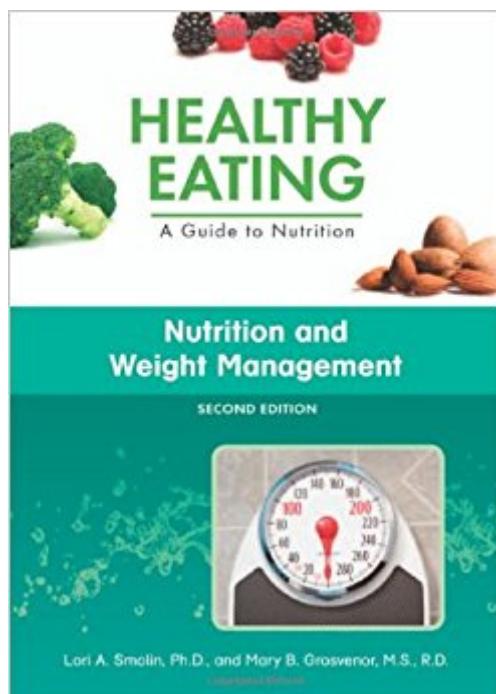


The book was found

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

Library Binding: 184 pages

Publisher: Chelsea House Publications; 2nd ed. edition (August 1, 2010)

Language: English

ISBN-10: 1604138033

ISBN-13: 978-1604138030

Product Dimensions: 6.7 x 0.6 x 9.3 inches

Shipping Weight: 1.2 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,238,841 in Books (See Top 100 in Books) #65 in Books > Teens > Personal Health > Fitness & Exercise #123 in Books > Teens > Personal Health > Diet & Nutrition #605 in Books > Teens > Education & Reference > Reference

Customer Reviews

Grade 9 Up
College nutrition professor Smolin and registered dietitian/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).¹ Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

content... The well-indexed books should prove popular as a source for report information or for merely browsing by students or adults." --This text refers to an out of print or unavailable edition of this title.

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

Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss,meal planning,healthy cookbook) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Weight Loss: The Ultimate Motivation

Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Weight Watchers: Weight Watchers Cookbook – Smart Points Edition – Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers: Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Meal Prep: The Complete Meal Prep Cookbook for Weight Loss and Clean Eating, 101 Amazing Meal Prep Recipes for Weight Loss and Clean Eating Nutrition and Food Safety (Healthy Eating: A Guide to Nutrition) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)