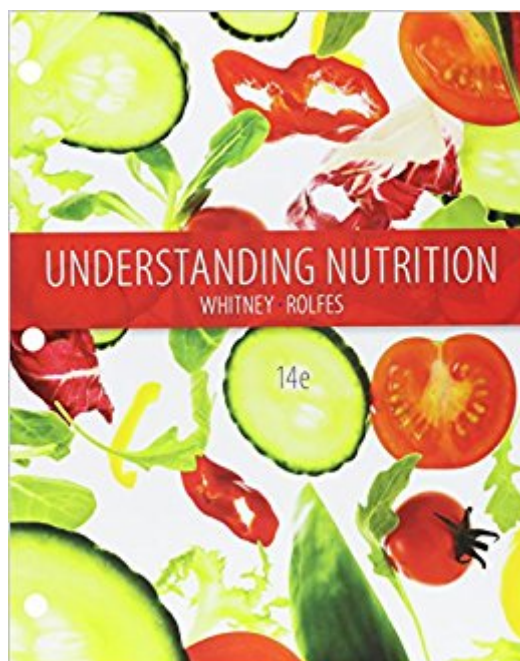




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Synopsis

More than one million readers make UNDERSTANDING NUTRITION the best-selling introductory nutrition text on the market today! Now in its 14th Edition, this book maintains the quality and support that discerning instructors demand for nutrition majors while providing the strong science and nutrition basics that are ideal at introductory levels. New and updated topics enhance every chapter, along with the emphasis on active learning, assignable content, and the engaging and customizable online program, MindTap for Nutrition. Connecting with readers through an approachable writing style and a carefully developed art program, UNDERSTANDING NUTRITION, 14th Edition continues to set the standard for introductory nutrition texts.

Book Information

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Customer Reviews

Get Ahead with Whitney/Rolfes's TM Understanding Nutrition. [View larger](#) [View larger](#) [View larger](#) [View larger](#) Complete and Relevant. The early chapters introduce the nutrients and their work in the body, and the later chapters apply that information to people's lives. Highlights. Every chapter is followed by a highlight that provides readers with an in-depth look at a current, and often controversial, topic that relates to its companion chapter. Diet Tracking. Nutrition Portfolio sections in each chapter invite you to evaluate your own dietary choices and set healthy goals through activities in the Diet and Wellness Plus digital app, for a truly personal perspective on nutrition. How To Tasks. These in-text sections help you develop practical skills, such as calculating energy intake from carbohydrate, fat, and protein. A Try It activity follows each section for plenty of

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Ellie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida A&M University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is Priceless Florida: The Natural Ecosystems (Pineapple Press, 2004). Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including Understanding Nutrition. In addition to writing, Ms. Rolfes consults on educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, she received her MS in Nutrition and Food Science from

Florida State University.

Nice and new but tears EASILY.

This was the required text for a class I am taking and I ended up reading it for fun as well! The text is really interesting to read for anyone interested in Nutrition. The text is easy to accompany and gives good details and examples.

Good book . Very detailed

Over priced as usual but a great book

Book was in good condition BUT access code was already used. Not happy at all with this purchase!

Very useful I would recommend it if you are interested in learning the basic on healthy eating

Horrible product, not what description entails.

Good product

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