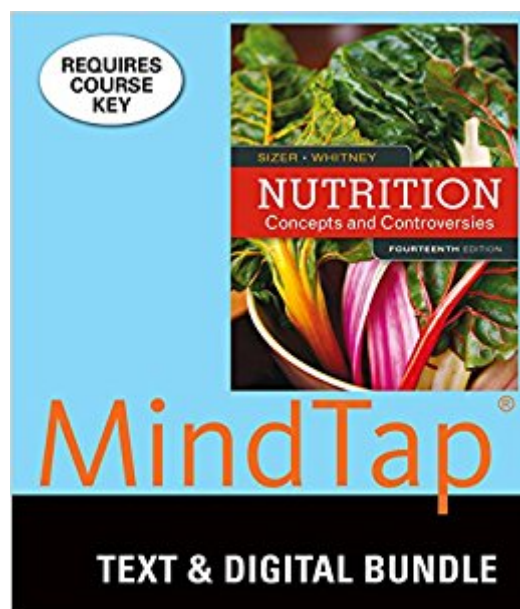


The book was found

Bundle: Nutrition: Concepts And Controversies, Loose-leaf Version, 14th + LMS Integrated For MindTap Nutrition, 1 Term (6 Months) Printed Access Card



Synopsis

Students save money when purchasing bundled products. This bundle contains a loose-leaf version of Nutrition: Concepts and Controversies, 14th Edition and access to LMS Integrated for MindTap Nutrition for 1 term (6 months) via printed access card.

Book Information

Loose Leaf: 622 pages

Publisher: Brooks Cole; 14 edition (April 5, 2016)

Language: English

ISBN-10: 133712754X

ISBN-13: 978-1337127547

Product Dimensions: 1 x 8.5 x 11 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #36,155 in Books (See Top 100 in Books) #51 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition #468 in Books > Health, Fitness & Dieting > Nutrition #880 in Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

Get ahead with Nutrition: Concepts and Controversies, Loose-leaf + LMS Integrated MindTap

Nutrition View larger View larger View larger View larger

Build a healthier future with the Dietary Guidelines. Figures throughout the text include a food label of milk fortified with vitamins A and D, a figure highlighting protein labeling, and calorie labels on restaurant menus. Relevant to everyday life. Tables in the text touch on topics such as the benefits of fitness, protein-rich snacks for athletes, how to wash produce, and complications associated with smoking during pregnancy. Choose the best foods for you. Food Feature boxes appear in most chapters to bridge theory and practice; they are practical applications of key concepts that help you choose foods per sound nutrition principles. Special features promote learning and understanding. Margin notes, end-of-chapter Self-Checks, and Think Fitness boxes emphasize the connection and the interdependency of fitness and nutrition for total health.

BeUnstoppable with MindTap Nutrition! View larger View larger View larger
larger View larger Be empowered. MindTap empowers you to produce your best

work consistently. MindTap shows where you stand both individually and compared to the highest performers in class. MindTap is designed to help you master the material. Interactive videos, animations, and activities create a learning path designed by your instructor to guide you through the course and focus on what's important.

MindTap is mobile. The MindTap Mobile App provides the mobility and flexibility for you to make any time study time. MindTap helps you stay organized and efficient. MindTap gives you the study tools to master the material.

Everything in One Place with MindTap Nutrition!

[View larger](#)

[View larger](#)

[View larger](#)

[View larger](#)

Perform better with MindTap.

The more time spent in

MindTap, the better the results.

Using MindTap throughout your course matters.

Students

using apps perform better on assignments.

Frances Sizer, M.S., RD, FADA, is certified as a charter Fellow of the American Dietetic Association. She is also a founding member and vice president of Nutrition and Health Associates, a Florida-based information and resource center that maintains an online bibliographic database tracking system that conducts research in more than 1,000 topic areas of nutrition. In addition to the best-selling NUTRITION: CONCEPTS AND CONTROVERSIES, Sizer was a primary author of the first ever instructional and animated NUTRITION INTERACTIVE CD-ROM (Cengage Wadsworth). Her previous publications include NUTRITION CLINICS, a monograph series for health professionals, and the college text THE FITNESS TRIAD: MOTIVATION, TRAINING, AND NUTRITION. In addition to writing, enjoying her family, and schooling her horse in dressage, Sizer is also an active board member of ECHO, a local hunger and homelessness relief organization in her community. Sizer received her B.S. and M.S. in nutrition from Florida State University. Ellie Whitney, Ph.D. grew up in New York City and received her BA and PhD degrees in English and Biology at Harvard and Washington Universities. She taught at both Florida State University and Florida A&M University, wrote newspaper columns on environmental matters for the TALLAHASSEE DEMOCRAT, and coauthored almost a dozen college textbooks on nutrition, health, and related topics--many of which repeatedly reappear as new editions. She spent three decades exploring outdoor Florida and studying its ecology, and then co-wrote PRICELESS FLORIDA: NATURAL ECOSYSTEMS AND NATIVE SPECIES (Pineapple Press, 2004). Now retired, and more concerned about climate change than any other issue, she volunteers full-time for the nonpartisan national nonprofit Citizens Climate Lobby.

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

Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 14th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition: Concepts and Controversies, Loose-leaf Version, 14th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Interviewing and Change Strategies for Helpers, Loose-leaf Version, 8th + LMS Integrated for MindTap Counseling, 1 term (6 months) Printed Access Card Bundle: Communicate! Loose-leaf version, 15th + LMS Integrated for MindTap Speech, 1 term (6 months) Printed Access Card Bundle: Understanding Nutrition, Loose-leaf Version, 14th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: M&B 3 + CourseMate, 1 term (6 months) Printed Access Card + LMS Integrated for Aplia, 1 term Printed Access Card Bundle: Advanced Nutrition and Human Metabolism, Loose-Leaf Version, 7th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Social Psychology and Human Nature, Comprehensive Edition, Loose-leaf Version, 4th + MindTap Psychology, 1 term (6 months) Printed Access Card Bundle: Texas Politics: Ideal and Reality, 2015-2016, Loose-leaf Version, 13th + MindTap Political Science, 1 term (6 months) Printed Access Card Bundle: Fundamentals of Financial Management, Concise Edition, Loose-leaf Version, 9th + MindTap Finance, 1 term (6 months) Printed Access Card Bundle: Meteorology Today, Loose-leaf Version, 11th + MindTap Meteorology, 1 term (6 months) Printed Access Card Bundle: NUTR, 2nd + Online, 1 term (6 months) Printed Access Card + Diet and Wellness Plus, 1 term (6 months) Printed Access Card Bundle: New Perspectives Microsoft Office 365 & Office 2016: Introductory, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader Multi-Term Printed Access Card Bundle: New Perspectives Microsoft Office 365 & Excel 2016: Comprehensive, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader Multi-Term Printed Access Card LMS Integrated SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader, (6 months) Printed Access Card Bundle: Kaleidoskop, Loose-leaf Version, 9th + Quia eSAM, 4 terms (24 months) Multi-Term Printed Access Card American Government and Politics Today: Essentials 2015-2016 Edition (with MindTap Political Science, 1 term (6 months) Printed Access Card) (I Vote for MindTap) Bundle: Motifs: An Introduction to French, Enhanced, Loose-leaf Version, 6th + iLrn eSAM, 4 terms (24 months) Printed Access Card

Contact Us

DMCA

Privacy

FAQ & Help