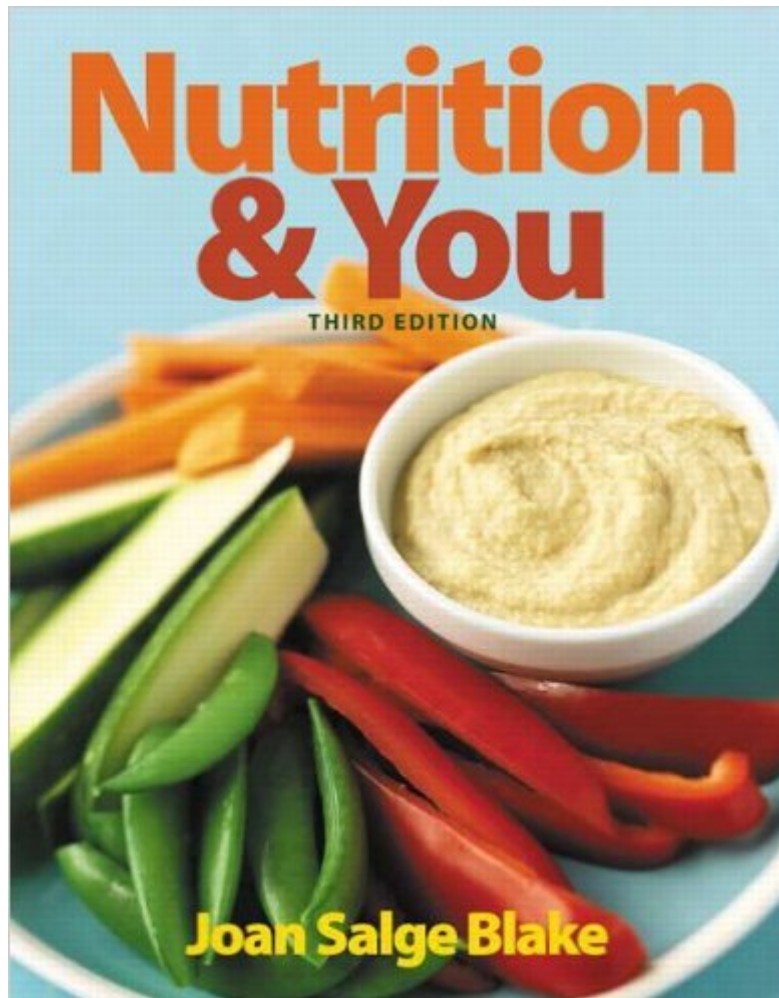


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Nutrition & You (3rd Edition)



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-- The Third Edition of *Nutrition & You* provides students with a personalized approach to understanding nutrition and teaches them to become informed consumers of nutrition information through interactive lessons, practical applications, and visual study tools. Joan Salge Blake writes in a very engaging style, addressing the student directly, using colorful language and visual analogies in order to explain concepts, and captivating students with humor. Blake's approach teaches students to relate the science of nutrition to their own dietary habits, enabling them to separate fact from fiction and to distinguish high-quality nutrient sources from those of lesser quality. Blake's approach teaches students to think critically about information sources and the claims made in the popular press and online. The Third Edition features MasteringNutrition, an online homework, assessment, and tutorial system that allows instructors to personalize the nutrition course like never before with next generation course management tools. Students master topics through interactive mini-lessons, quizzing, and immediate wrong-answer feedback.

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Book Information

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Customer Reviews

Good but could use some updated information. There is not really a section about different diets, such as gluten free, paleo, soy free, etc. and a lot of people with allergies or different diet preferences could use information about how to adjust to their new diets and maintain nutrition. Some of the information in this book is outdated but it is otherwise a great nutrition textbook and is mostly accurate.

This textbook was top notch quality! I originally chose this textbook over the physical textbook because of the price. However, after receiving the eBook and playing around with it I realized that the eBook is just as beneficial and helpful, if not more so, than the physical textbook.

You can't really do much about the textbook you are assigned to use in a course, so I will only deduct this review one star due to the fact that the textbook is not very user-friendly. If you can

choose a different book, do so because this one is extremely lengthy in the chapters, does not get to the point very quickly, and it is hard to reference as a study tool. Other than that, I received it in good condition and am pleased with the overall quality of the book.

Nice textbook. Helped a lot with my nutrition course and it was great because I just rented it so it wasn't as expensive as buying the book. Too bad that you don't get a \$5 credit or something when it is returned.

The book came to me in great shape and was exactly what I asked for. Thank you for giving me a cheaper option without reducing the quality!

Love this book! Lots of great information, made easy to understand. I bought this for my nutrition class. Came in good condition as well.

Don't agree with most of it as it follows many FDA guidelines, but still very informative and generally useful and easy to read.

A great textbook with a lot of useful information for everyone. This book is a keeper, not just for class.

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