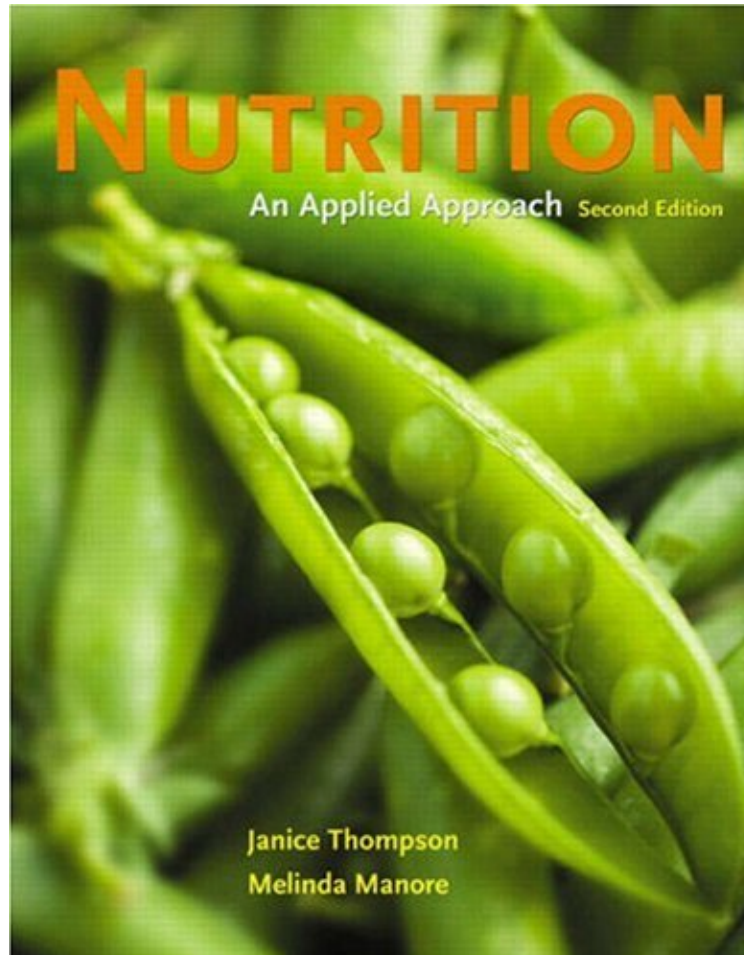


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Nutrition: An Applied Approach (2nd Edition)

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always made me really hungry though. 1 of 1 people found the following review helpful. Tons of worth-while information that is worth knowing! By Erika Langford It was optional to have this for my online fundamental of human nutrition class this semester, but I'm so glad that I went ahead and got it. There is so much straight-forward information packed into this book and it is very informative. Unlike other boring textbooks, this one is filled with information that is actually relative to everyone's life and it isn't boring to read.

The Second Edition of *Nutrition: An Applied Approach*, presents introductory nutrition information to non-majors in an applied format that discourages memorization and promotes long-term understanding of the material. The authors capitalize on students' natural interest in nutrition by demonstrating how it relates to their health and their everyday lives, and by addressing- and debunking- commonly held misconceptions students have. The applied nature of the book is also reflected in the functional organization of the micronutrient chapters. The Role of Nutrition in Our Health, Designing a Healthful Diet, The Human Body: Are We Really What We Eat? Carbohydrates: Plant-Derived Energy Nutrients, Alcohol, Fat: An Essential Energy-Supplying Nutrient, Proteins: Crucial Components of All Body Tissues, Vitamins and Minerals: Micronutrients with Macro Powers, Nutrients Involved in Fluid and Electrolyte Balance, Nutrients Involved in Antioxidant Function, Phytochemicals and Functional Foods, Nutrients Involved in Bone Health, Nutrients Involved in Energy Metabolism and Blood Health, Achieving and Maintaining a Healthful Body Weight, Nutrition and Physical Activity: Keys to Good Health, Disordered Eating, Food Safety: Impact on Consumers, Nutrition Through the Lifecycle: Pregnancy and the First Year of Life, Nutrition Through the Lifecycle: Childhood to Late Adulthood, Global Nutrition. Intended for those interested in learning the basics of nutrition.

About the Author Janice Thompson, Ph.D., FACSM University of Bristol, The University of New Mexico Janice Thompson is a Professor and Head of the Department of Public Health Nutrition at The University of Bristol in Bristol, England. Her work in the United Kingdom focuses on developing nutrition and physical activity interventions to reduce the risk for chronic diseases in high-risk populations. She also has a US affiliation at the University of New Mexico as a nutrition and exercise research consultant with the Office of Native American Diabetes Programs at the University of New Mexico Health Sciences Center. Janice earned a Ph.D. at Arizona State University in exercise science with an emphasis in exercise physiology and nutrition. Janice is a Fellow of the American College of Sports Medicine (ACSM), a member of the American Society of Nutritional Sciences (ASNS), the Southwest Chapter of ACSM (SWACSM), the New Mexico State Diabetes Advisory Committee, and the American Diabetes Association (ADA) and the American Public Health Association (APHA). Janice won an undergraduate teaching award while a faculty member at the University of North Carolina, Charlotte. Janice also publishes two other introductory nutrition books with Benjamin Cummings. They are the non-majors nutrition book *Nutrition: An Applied Approach* and the majors book *The Science of Nutrition*. In addition, Janice co-authored *Sport Nutrition for Health and Performance*, with Melinda Manore (published by Human Kinetics). Janice loves cats, yoga, and hiking. She likes almost every vegetable except peas and believes chocolate should be listed as a food group. Melinda Manore, Ph.D, RD, FACSM Oregon State University Melinda Manore earned a doctorate in human nutrition with a minor in exercise physiology at Oregon State University, and a masters degree in health education from the University of Oregon. She is currently a Professor in the Department of Nutrition and Exercise Sciences at Oregon State University, where she teaches and conducts research in the area of nutrition and exercise. She served as Chair and Professor in the nutrition department until late 2004, when it combined with the exercise sciences department and she stepped down. Before coming to Oregon State, she taught at Arizona State University for 17 years. Melinda's areas of specialization include nutritional requirements and issues for active women, nutrition assessment, and the role that nutrition and exercise play in health, energy balance, obesity, and disordered eating. A registered dietitian, Melinda is an active member of the American Dietetic Association (ADA). She is Past Chair of the ADA Research Committee and the Research DPG (Dietetic Practice Group). Melinda is a member of the American Society of Nutritional Sciences (ASNS), the American Society for Clinical Nutrition (ASCN), the North American Association for the Study of Obesity (NAASO), the National Academy of Sciences Committee on Military Nutrition Research, and a Fellow of the American College of Sports Medicine (ACSM). Melinda wrote a nutrition column for and is an associate editor of ACSM's *Health and Fitness Journal*, and she has won numerous awards for excellence in research and teaching. While at Arizona State University, she was nominated for the Distinguished Mentor of Women Award (1996), and the College of Liberal Arts Sciences Alumni Association Outstanding Teaching Award (1998, 2000). In 2001, she received the SCAN Excellence in Practice Award. Melinda co-authored the non-majors nutrition book *Nutrition: An Applied Approach*, the majors book *The Science of Nutrition*, and HK's *Sport Nutrition for Health and Performance* with Janice Thompson. Melinda is an avid walker and hiker who loves to cook and eat great food.