Discovering Nutrition

Discovering NutritionDiscovering NutritionDiscovering NutritionPeople, Care and Work in the HomeDISCOVERING NUTRITION.Discovering NutritionDiscovering NutritionDiscovering NutritionBu- Discovering Nutrition 3E/ SsgDiscovering Nutrition Transpa TrDiscovering NutritionDiscovering Food and NutritionDiscovering Nutrition Insel Paul M. Insel Dr. Paul Insel Mohamed Gamal Abdelmonem PAUL INSEL (DON ROSS, KIMBERLEY MCMAHON AND MELISSA BERNSTEIN.) Helen Kowtaluk Helen Kowtaluk Insel Insel Helen Kowtaluk Helen Kowtaluk Ann A. Hertzler
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written with non majors in mind discovering nutrition sixth edition introduces students to the fundamentals of nutrition with an engaging and personalized approach the text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in a number of innovative ways students will learn practical consumer based nutrition information using the features highlighted throughout the text including for your information boxes presenting controversial topics quick bites offering fun facts and the new feature why is this important opens each section and identifies the importance of each subject to the field

issued with access to navigate 2 online learning materials

incorporating the latest research and dietary guidelines discovering nutrition seventh edition introduces students to the fundamentals of nutrition with an engaging and personalized approach written with a diverse student population of nutrition majors and non majors in mind this text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in several innovative ways thoroughly updated the new seventh edition covers current nutrition topics of interest such as personalized nutrition nutrigenomics the obesogenic environment gut health microbiome plant based diet functional foods bioavailability nutrition density and gut microbiome feature boxes such as the new lifestyle medicine why is this important quick bites and more ensure students learn practical nutrition information

introducing novel theoretical empirical and practical investigations with case studies from uk europe south america and south east asia the book offers a novel global outlook on how contemporary homes are facing genuine challenges from operational economic spatial social and wellbeing perspectives the changing demographics of our modern society have inevitably impacted the dynamics and relationships within the home from being personal and private to that of multiple work relationships domestic work care for older people or supporting people with special needs whilst the home is a concept universally experienced permeating every aspect of our lives it remains an entity whose influence on health and wellbeing is poorly understood this book brings together 17 different contributions from scholars researchers and practitioners from different disciplinary and professional backgrounds including three feature articles by leading figures such as lord best and baroness hollins the chapters are organised within three parts that look at the triangle of people work care in the home at a time when homes are increasingly becoming local hubs for care and wellbeing this volume is a critical and useful addition to current literature in the social sciences humanities economics culture care and wellbeing in the domestic sphere

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