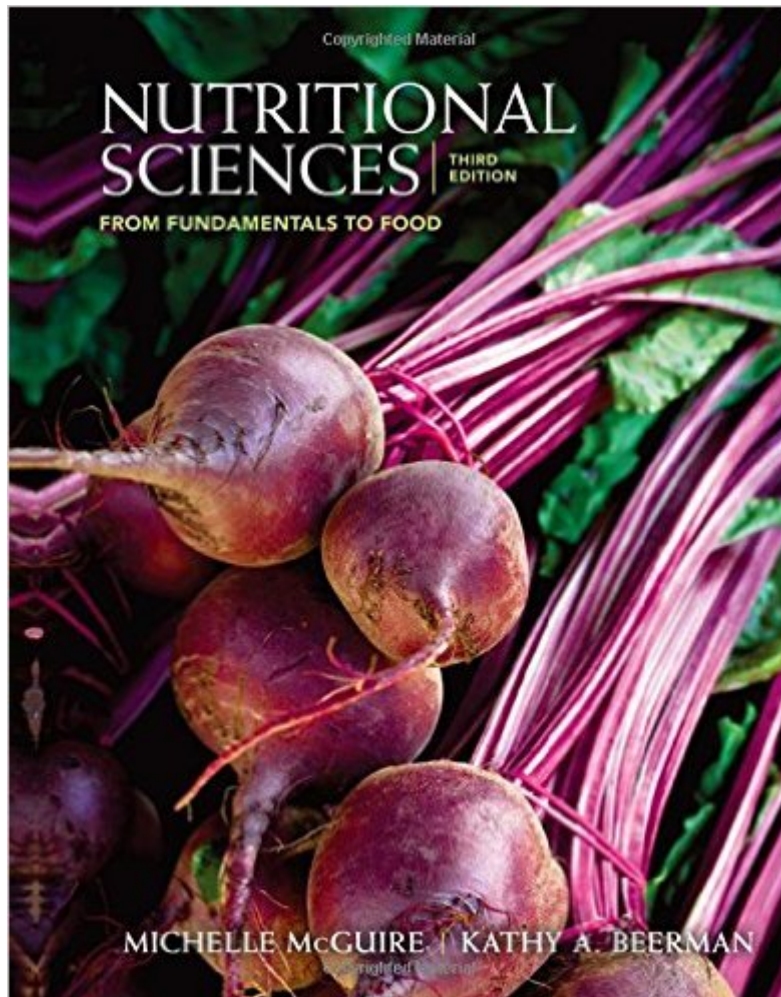


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# Nutritional Sciences: From Fundamentals To Food (with Table Of Food Composition Booklet)



## Synopsis

Crystal Clear Science + Compelling Applications = A Balanced Program for Teaching and Learning

In a concise format, NUTRITIONAL SCIENCES: FROM FUNDAMENTALS TO FOOD, 3/e clearly explains the scientific principles underlying nutrition while incorporating applications to promote a complete understanding of core concepts. This integrated approach provides a strong science foundation in a context relevant to students' daily lives and their careers. Supported by an impressive visual design, engaging case studies and interactive digital resources, NUTRITIONAL SCIENCES offers a unique, balanced program for teaching and learning.

## Book Information

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Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)

Best Sellers Rank: #36,266 in Books (See Top 100 in Books) #14 inÂ Books > Textbooks >

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## Customer Reviews

Nice presentation of information; easy to understand and apply. Lots of colorful diagrams and pictures. Love the tear out chapter quizzes in the back (caution if you buy the book used, they might have been ripped out). I did find one error in the quizzes: Chapter 12, question 9-the answer should be "b" and the key has "d". Other than that-love it!

I just ordered this from and only got a new copy because most of the used were without the supplemental booklet, which I want. However, I only received a text book, no Table of Food Composition booklet. I leafed through the book and it's not hidden anywhere in here... What am I missing? I would have rather saved ~\$20 if nothing else is coming with the text as additional info...

I don't tend to agree with some of the information in this book as they base it on so many of the government recommendations which are less than optimal, but it does offer some overall good information, although a bit technical if you are a lay person in nutrition. A good book to have in your library.

I bought this for a class. The text is well organized and detailed. The book breaks down the details of nutrition making it easy to understand and building from one chapter to the next. I came away from the class with a much better understanding of how I should eat in order to be healthy, how my body uses food and how it reacts to food.

I bought this book for the nutrition class I was taking. I read this text book from cover to cover (not something I can do with most text books). This text book was well written and very interesting.

Using this particular text in an online MS degree in nutrition. Very thorough and well grounded in the nutrition sciences.

Very informative and an easy read. Way too expensive though. As a student I feel the high prices of books are ridiculous

I chose this rating because the book starts with chapter 3. It is an incomplete edition. By the time I realized this would not work for the on-line class I'm taking it was too late to return it. I had to order the complete edition. Very confusing.

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