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Scientific American Nutrition for a Changing World, 2nd ...

Nutrition: Concepts and Controversies, Canadian 3rd Edition by Sizer, Whitney & Piche TEST BANK The cookie settings on this website are set to 'allow all cookies' to give you the very best experience.

Nutrition: Concepts and Controversies, fifth Canadian edition, is an engaging text that strikes a balance with its scientific research, core concepts, and relevant applications. The authors draw readers into the study of nutrition with a lively and approachable writing style while dispelling students' misconceptions and empowering them to make better nutrition choices and better behaviour changes.

Nourish your mind and body with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition—including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle—and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Make better food choices and live a healthier life with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition—including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle—and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Abstract: An authoritative text for the general public covers numerous nutrition facts and related controversies. Topics include the human body's basic nutrient needs, food groups, nutrient density, food exchanges and how new food choices complicate the attainment of an adequate diet; recommended nutrient allowances and U.S. and Canadian nutrients surveys; energy nutrients (carbohydrates, lipids, proteins) and their metabolic roles; energy balance vs. overweight, obesity, and underweight; weight control guidelines; water and micronutrients; food safety; nutritional tips for vegetarians and for those who eat out often; and nutritional guidance for various age groups, from birth to the elderly. Food features in each of the 15 chapters link theory with practice and offer advice for everyday living. A section on optional reading (representing controversies) follows each chapter and focuses on nutritional topics of current interest. (wz).

The relationship between nutrition and behaviour is bi-directional in nature, with nutritional factors able to affect activity and disposition, and behavior impacting diet and food intake. This book reviews these links, starting with their complex neurobiological basis, such as in the case of folate deficiency and cognitive decline. It also illustrates how behaviour may determine nutritional choices or status through peer modelling and poor dietary habits. Micronutrients and eating disorders are then critically addressed, with a review of current research methods and results, before extra-nutritional influencers on behaviour such as caffeine, herbal supplements and alcohol are discussed in the final section.

The authors sort fact from fiction to help students and practitioners of sports nutrition present sound advice to athletes on correct nutrition and dietary requirements.

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