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Janice J. Thompson, Melinda Manore

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Nutrition: An Applied Approach, MyPlate Edition, Third Edition introduces non-majors to nutrition with an innovative, applied format that discourages rote memorization and promotes long-term understanding of the material. The authors build on your natural interest in nutrition by demonstrating in a clear, conversational style how key nutritional information relates to your personal health, and show how to debunk commonly held misconceptions.

The applied approach is reflected in the functional organization of the micronutrient chapters, focusing on the vitamins and minerals and their primary functions within the body. The applied content is focused on four key chapters—fluid and electrolyte balance, antioxidant function, bone health, and energy metabolism and blood health; areas of particular importance to instructors. You can easily grasp this conceptual framework for understanding the role nutrients play in your body and overall health.

Along with a host of engaging new features—including 11 new In Depth mini-chapters that follow each main

chapter; a selection of interactive nutrition animations covering a wide range of topics; and useful in-text features including self-assessments and Eating Right All Day meal suggestions organized by chapter topics—the Third Edition includes updated theory and research findings, developing trends, and tools to help you identify and challenge nutritional myths and misperceptions.

The MyPlate Edition features a write-to-fit update so that students and instructors have the latest nutrition information right within their book (and instructors don't have to change their syllabus). New information includes the new MyPlate graphic (which replaces the former MyPyramid), the 2010 Guidelines, and the new Dietary Reference Intakes.

This package consists of:

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