



## Nutrition

*Paul Insel, Don Ross, Kimberley McMahon, Melissa Bernstein*

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An Updated Version of an Essential Text for Nutrition Majors and Advanced Non-Majors Nutrition, Fifth Edition is a completely revised and updated text. The new edition is challenging, student-focused and provides the reader with the knowledge they need to make informed decisions about their overall nutrition and a healthy lifestyle. Central to Nutrition, Fifth Edition is its rigorous coverage of the science of nutrition, metabolism, and nutrition-related diseases. Practical content coupled with focused chapter learning objectives reinforce key concepts to improve retention and learning outcomes. An integrated pedagogy accommodates different learning styles to promote knowledge, behavior change and student comprehension of the material. The Fifth Edition has been updated to include a new spotlight on obesity, an updated chapter on metabolism as well as a revised chapter on energy balance and body composition. New Nutrition Science in Action scenarios present contemporary examples of the science behind nutrition. Important biological and physiological concepts such as emulsification, glucose regulation, digestion and absorption, fetal development, nutritional supplements, weight management and exercise are covered throughout the text and reinforced through updated tables and graphics. New to the Fifth Edition: - Spotlight on Obesity - Chapter Learning Objectives added to the beginning of each chapter - All New Nutrition Science in Action Features - Updated chapter pedagogy includes new definitions and statistics based on the 2010 Dietary Guidelines, USDA MyPlate, and Healthy People 2020 - Updated position statements reflect the new Academy of Nutrition and Dietetics - Revised and updated art gives the text a modern and current feel. Key Features:

- Learning Objectives map to chapter content
- Think About It questions at the beginning of each chapter present realistic nutrition-related situations and ask the students to consider how they would behave in such circumstances.
- Position statements from the Academy of Nutrition and Dietetics, the American College of Sports Medicine, and the American Heart Association bolster the assertions made by the authors, showcasing concurrent opinions held by some of the leading organizations in nutrition and health.
- Quick Bites present fun facts about nutrition-related topics such as exotic foods, social customs, origins of phrases, folk remedies, and medical history, among others.
- For Your Information offers more in-depth treatment of controversial and timely topics, such as unfounded claims about the effects of sugar, whether athletes need more protein, and usefulness of the glycemic index.
- Label to Table helps students apply their new decision-making skills at the supermarket. It walks students through the various types of information that appear on food labels, including government-mandated terminology, misleading advertising phrases, and amounts of ingredients.
- Nutrition Science in Action walks students through science experiments involving nutrition. It presents observations and hypotheses, an experimental plan, and results, conclusions, and discussions that allow students to apply their knowledge of nutrition to real-life experiments outside of the classroom.
- Key Terms are defined on the page for quick student comprehension, and are listed in the learning portfolio at the end of every chapter.
- Study Points summarize the key concepts of every chapter.
- Study Questions challenge students to consider the material they learned, and test their comprehension with concise, focused questions.
- Try This activities encourage students to put theory into practice and will help students whose learning style is experimental.
- What About Bobbie tracks the eating habits and health-related decisions of a typical college student enabling students to apply the material they have learned in the chapter to a typical situation.
- Electronic Student Study Guide access is available with every new text at no additional cost to your students

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