


Personal Nutrition

By Marie A. Boyle, Sara Long Roth

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Nutrition is personal. Knowledge is power. PERSONAL NUTRITION helps students turn knowledge into the power to make changes and live smarter. Created to help students be smarter consumers, PERSONAL NUTRITION builds the scientific foundation of nutrition through an accessible narrative and application. The functional presentation of vitamins and minerals in Chapter 7 and Chapter 8 provides students with a meaningful context for understanding their importance in maintaining good health. By engaging students through practical examples and exercises, the content empowers them with the knowledge and tools to make smart decisions regarding their personal nutrition and health. Updated with 2010 Dietary Guidelines and new learning objectives, the Eighth Edition presents current information in a format that focuses students on the most important topics. PERSONAL NUTRITION motivates students to become informed consumers and to make changes in their everyday life -- starting now.

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