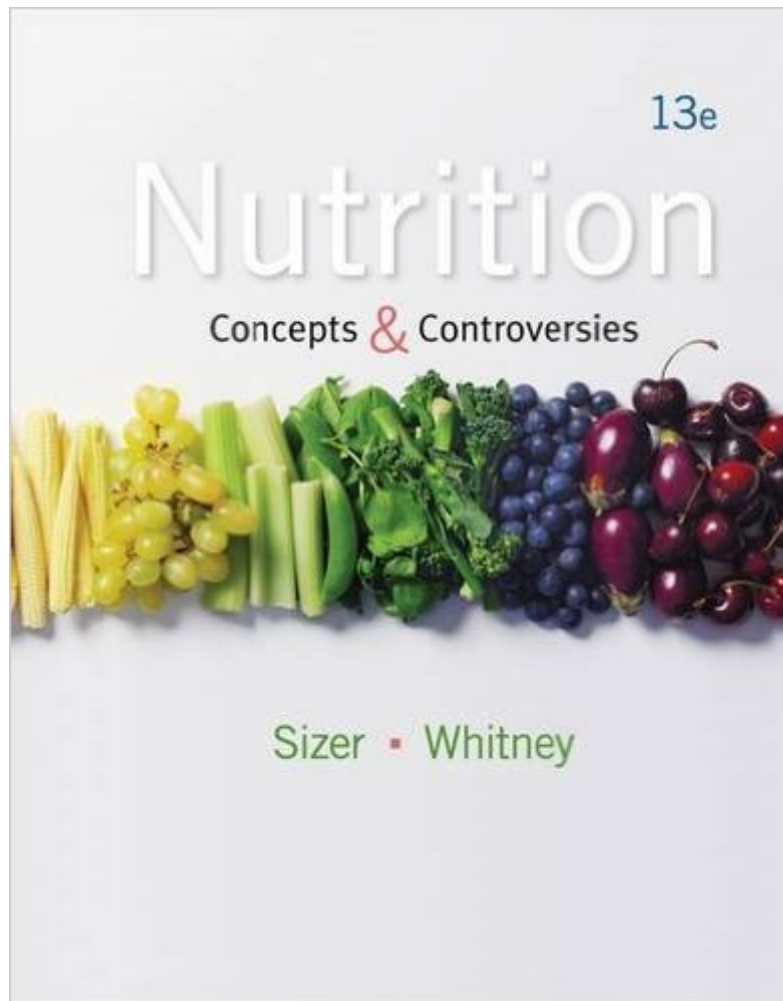


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# Nutrition: Concepts And Controversies, 13th Edition



## Synopsis

Ideal for both non-majors and mixed-majors, **NUTRITION: CONCEPTS AND CONTROVERSIES** provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes. Do pregnant women really crave pickles and ice cream? Are carbohydrates good or bad? These and many more topics are explored in **NUTRITION: CONCEPTS AND CONTROVERSIES**. The Thirteenth Edition of this text dispels common misconceptions about nutrition, and equips you with a thorough understanding of important nutrition concepts and tools that empower you to make informed decisions about your own nutrition choices. Known for its clear explanations that show you how topics relate to your life, the text provides the basics of nutrition--from how to be a good consumer to understanding the science of nutrition--and is packed with interactive learning tools and study aids to help you in your course. Available with InfoTrac Student Collections <http://goCengage.com/infotrac>.

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (126 customer reviews)

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## Customer Reviews

The first chapters establish the who's bad and who's good in the field of nutrition. The bad are best characterized by tv charlatans selling supplements. The good are best characterized by govt. bureaucracies and others who publish research. What's most curious is that where food comes from, and the complete change in food production and market forces that have propelled what we eat in the last hundred years aren't mentioned. So words like soil, industrial farming, mergers and acquisitions, and the extreme limitations in diversity of crop selection don't get a mention in this book

on American Nutrition. In the first chapter the reader is confronted with developing his or her methods for changing what she eats. The necessity for personal change carries on throughout. It isn't a book about nutrition as much as it is a "how to" book and a book advocating specific govt. funded nutrient oriented approach to eating. Entities like FDA, CDC, USDA, and NHHS, who coordinate with the food and chemical corporations to fundamentally monetize our food production, are the same entities that publish the charts and guidelines the authors require the student study. The student must answer questions about "The Dietary Reference Index", "Recommended Daily Allowance", "Adequate Intakes" charts, Acceptable Nutrient Distribution Ranges, "Estimated Average Requirements", "Tolerable Upper Intake Levels", etc..... These are amazingly overlapping guidelines would each - individually be adequate for the purpose of guiding nutrition. The differences in methodology and bureaucratic overkill in these competing guidelines for eating could lead to mental paralysis before your first bite is taken from your new diet.

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