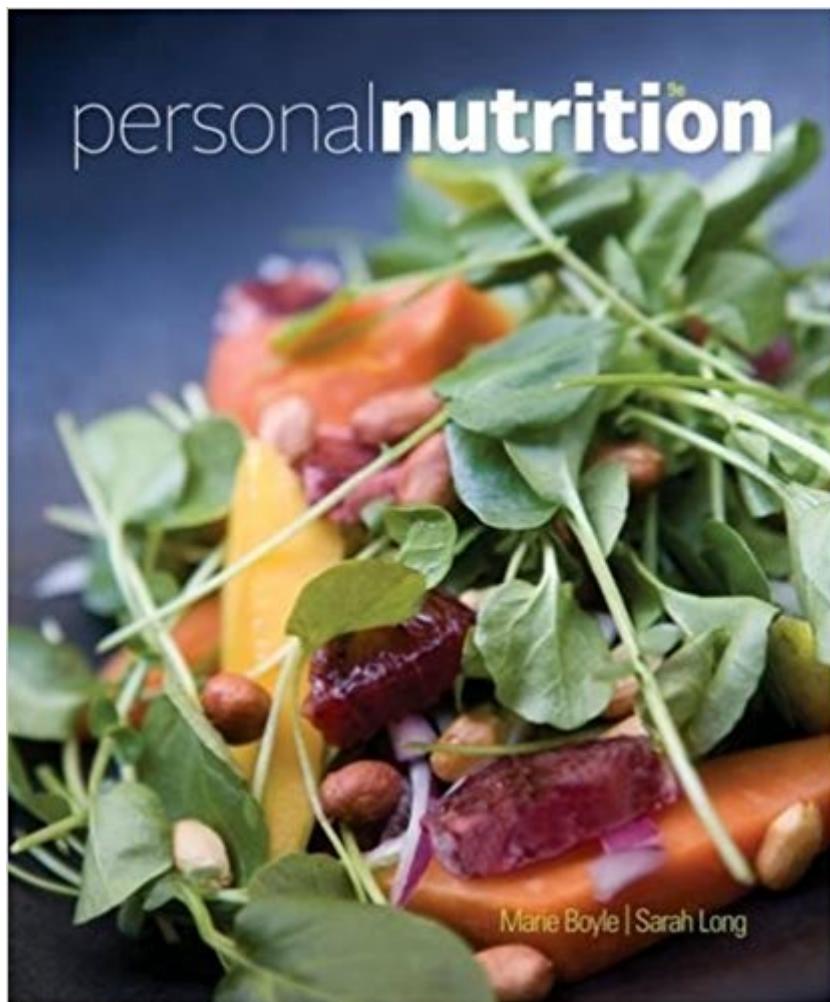


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Personal Nutrition



Synopsis

NOTE: This book DOES NOT COME with an Access Code. Become a smarter consumer with PERSONAL NUTRITION, Ninth Edition. Engaging and accessible, Boyle provides a solid grounding in fundamental nutritional principles and how to apply them to make informed, healthy choices. The Ninth Edition is thoroughly updated to reflect the latest research, recommendations, and current trends and issues. It also features new and revised illustrations, photographs, examples, and learning objectives to make material even more timely, relevant, and compelling for today's learners. Overall, Boyle offers meaningful context, real-world examples, and practical advice to help students make smart decisions regarding their own nutrition and health.

Book Information

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Learning objectives guide your way. Learning

objectives in every chapter specify key outcomes for each major section within the chapter, providing useful context to guide your reading and review. What do you know about nutrition & healthy eating? A Scorecard quiz in each chapter invites you to compare your own knowledge and behavior to nutritional principles and guidelines for healthy eating. Topics include Rate Your Fats and Health IQ, Healthy Weight, and Estimate Your Protein Intake. Become a savvy diner. Savvy Diner features offer food selection and preparation suggestions for healthy eating and reinforce recommendations made

in the Dietary Guidelines for Americans. Topics include buying healthy foods on a limited budget, incorporating whole grains into the diet, and maintaining healthy weight goals when eating out. Study materials included. Detachable study cards provide a summary of key points from the text and include a quiz for each chapter to help you review and master the material.

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Dr. Marie Boyle is a Professor of Nutrition at the College of Saint Elizabeth in Morristown, New Jersey. An author and reviewer for the Academy of Nutrition and Dietetics, she coauthored current position paper "Nutrition Security in Developing Nations: Sustainable Food, Water, and Health" and serves as editor-in-chief of the JOURNAL OF HUNGER AND ENVIRONMENTAL NUTRITION (Taylor & Francis, Inc.). In addition to PERSONAL NUTRITION, Dr. Boyle also authored COMMUNITY NUTRITION IN ACTION: AN ENTREPRENEURIAL APPROACH. She is a member of the Academy of Nutrition and Dietetics, the American Public Health Association and the Society for Nutrition Education and Behavior. She earned her B.A. in Psychology from the University of Southern Maine and her M.S. and Ph.D. in Nutrition from Florida State University.

It was a boom for my college class. It was good.

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