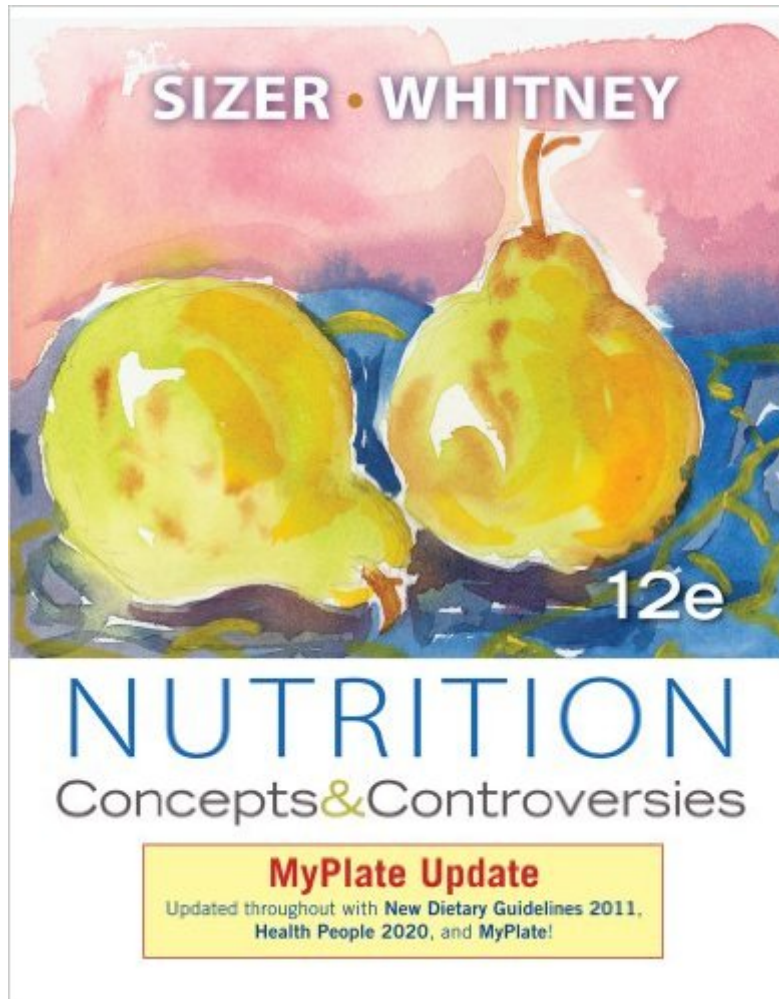


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# Nutrition: Concepts And Controversies, MyPlate Update



## Synopsis

Updated to include the 2010 Dietary Guidelines, MyPlate, and Healthy People 2020 coverage into the text, *NUTRITION: CONCEPTS AND CONTROVERSIES, MYPLATE UPDATE*, provides practical applications and accessible explanations to dispel common misconceptions about nutrition and empower readers to make lasting behavior changes.

## Book Information

Paperback: 848 pages

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Product Dimensions: 10.7 x 8.4 x 1 inches

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (164 customer reviews)

Best Sellers Rank: #330,485 in Books (See Top 100 in Books) #84 in [Books > Medical Books > Nursing > Medical Nutrition](#) #132 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition](#) #2250 in [Books > Textbooks > Science & Mathematics > Biology & Life Sciences](#)

## Customer Reviews

Most students groan at the sight of a textbook, but *Nutrition: Concepts & Controversies*, co-authored by Frances Sizer and Ellie Whitney, is in a league of its own. Written for use in nutrition courses yet easy enough to read without previous knowledge, this book presents the basic concepts of nutrition in an informative way with an interesting style of writing and a pleasing overall appearance. A textbook's primary purpose is to inform the reader of its chosen topic and *Nutrition: Concepts & Controversies* is no different. It contains an incredible amount of knowledge in many areas of nutrition which gives the reader a basic foundation in this area. For instance the textbook goes through topics such as carbohydrates, fats, and proteins as well as vitamins, minerals, and other topics as well. It even includes modern controversial nutrition topics such as "Osteoporosis: can lifestyle choices reduce the risks?" (317). The textbook explains these controversies and debunks false popular misconceptions. The knowledge is also presented in a way that helps readers apply the nutritional information to their own diet making it practical as well. Although there is a wealth of information, *Nutrition: Concepts & Controversies* is far from boring since it has an interesting style of

writing. Easy language is used throughout to explain the information making it straightforward and simple to grasp. Easy language is more interesting since it's not hard to understand what is written and helps to hold the reader's attention. For instance when carbohydrates are first introduced, the textbook initially begins by explaining how the simple carbohydrates - the sugars - are formed from the sunlight in plants.

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