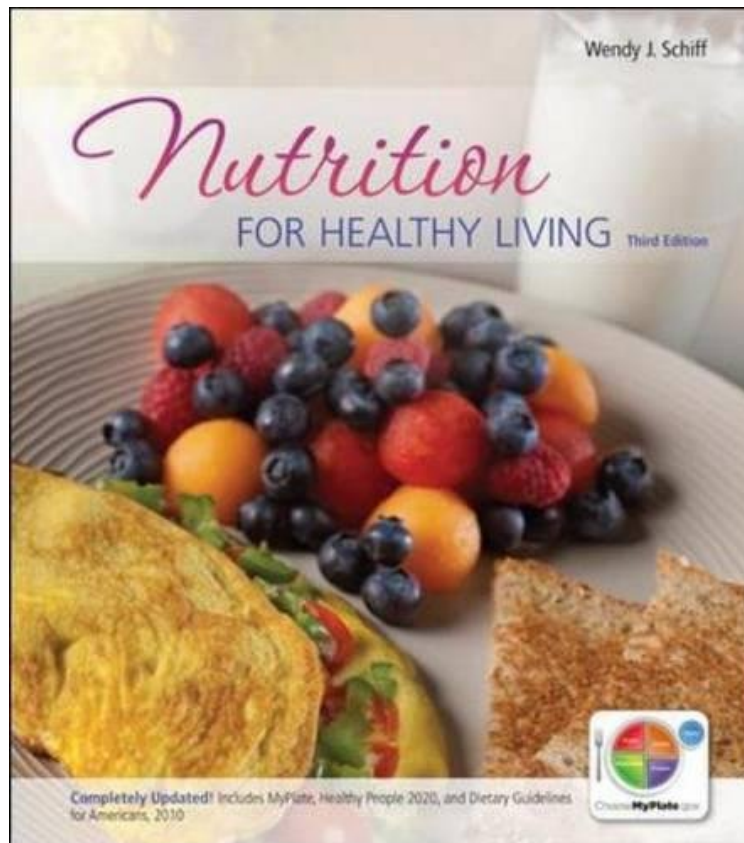


# Nutrition For Healthy Living

Wendy Schiff

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**Wendy Schiff : Nutrition For Healthy Living** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Nutrition For Healthy Living:

5 of 5 people found the following review helpful. Loaded With Good Information - Great Graphic Layout and Design By Dirk Drudgler Nutrition for Better Living is really an excellent, comprehensive resource for basic information about all aspects of nutrition, designed for the beginning level student. As you might expect from a textbook it begins with the basics of nutrition then moves into more specific areas like physiology, dietary habits, individual analysis of nutrients, and so on. The text is heavily supported with plenty of graphics and charts, although sometimes they are superfluous (for example, pictures of different fruits as if you didn't know what the difference between an apple and a pineapple was) they do make the text look nice and are really helpful when you get into areas like anatomy and the digestive system. The information inside, although basic, is very thorough and useful. The book is written by a dietitian from a medical establishment dietitian's point of view. Alternative methods of nutrition management which don't comply with the accepted norm are at best questioned, at worst sneered at. While this is sometimes justified, it also means things like nutritional supplements and holistic nutrition are lumped together with late night weight loss infomercials. There is also a heavy reliance on current governmental nutrition management reports and programs like the unwieldy website ChooseMyPlate. This material doesn't add anything to the study of

nutrition and seems to be there just as an obvious place to update for the next edition of the book (making all others obsolete, of course). Fortunately most of that is confined to the first few chapters. This is a fairly heavy, dense paperback book, about the size of an old LP. Like almost every textbook it is, of course, overpriced. Apart from the pound of flesh textbook world students face at the beginning of every semester from textbook publishers, this book would probably regularly retail for about 30-40 bucks. However, watching the used prices over the last several months has demonstrated, based on observations from Fall Semester 2013, that this book will hold its value better than many others, so at least that is a positive thing. If it keeps going this way you may even be able to get a decent used copy for a decent price and at least break even on the resell. You don't see that very often. It is important to note that the information in this book is very complete and you may actually want to keep it as some of the other reviewers have opted to do. I did not get any additional material (CD, DVD, etc.) with this book and I'm not sure I was supposed to. If there is an online component of this text then I am not aware of it. If you are taking a class that involves assessment and testing online, your online material probably needs to be acquired separately. If there is an online component which just supports the text, then I can't imagine it being any more useful than just the text itself. 3 of 3 people found the following review helpful. Great Book! By Barbara Chapters are complete and easy to understand. Interesting and applicable side articles. Very good to be used as a reference for meal planning, lots of tables and formulas for calculations. Hints for healthy eating and living. 0 of 0 people found the following review helpful. Recommendation: rent, not buy. By Customer Good details, but a boring read. If need a code, then make sure it's listed that it does indeed come with it. When I bought it, I thought it did come with the online access, but it didn't, so I had to rebuy an online version. Not happy about it. Would recommend that one just rents it from their website instead of wasted money on a book you'll prolly never look at again.

Completely revised and up-to-date with MyPlate, Healthy People 2020 and Dietary Guidelines for Americans, 2010, *Nutrition for Healthy Living* takes an innovative approach to introductory nutrition for non-science majors. With its unique, concise organization and a distinct focus on consumerism, this engaging, fun-to-read text will provide students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom. Users who purchase Connect receive access to the full online ebook version of the textbook.

About the Author Wendy J. Schiff MS, RDN received her BS in biological health/medical dietetics and MS in human nutrition from The Pennsylvania State University. She has taught introductory foods and nutrition courses at the University of Missouri Columbia as well as nutrition, human biology, and personal health courses at St. Louis Community College Meramec. She has worked as a public health nutritionist at the Allegheny County Health Department (Pittsburgh, Pennsylvania) and State Food and Nutrition Specialist for Missouri Extension at Lincoln University in Jefferson City, Missouri. In addition to authoring *Nutrition for Healthy Living* and *Nutrition Essentials: A Personal Approach*, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the Academy of Nutrition and Dietetics.