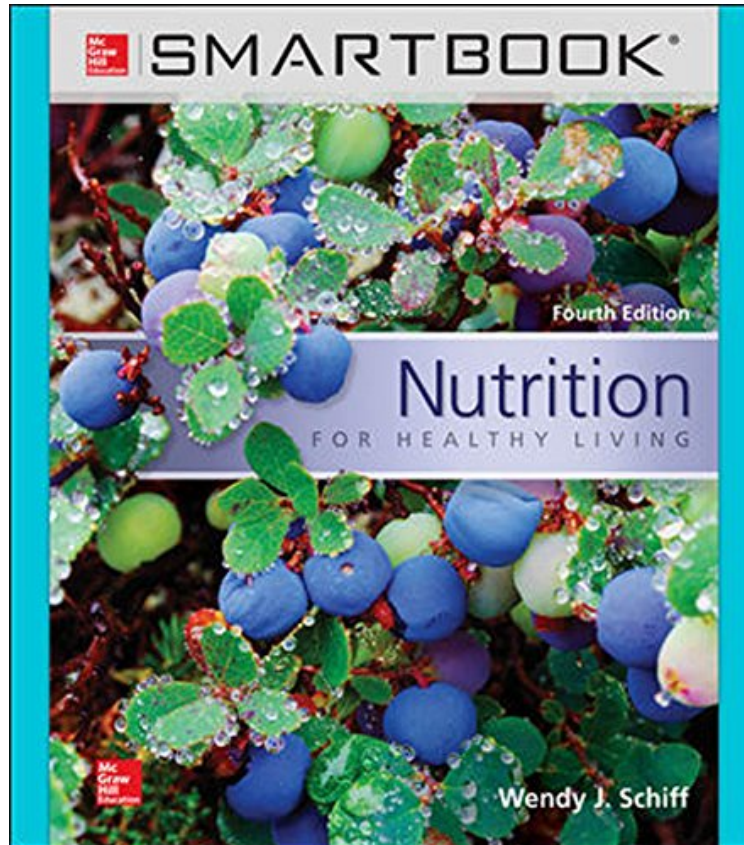


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textbook. Even if you are not a student, one might be just trying to get healthier, it's a great tool to start!!3 of 3 people found the following review helpful. Excellent buy!By MacondoBook was brand new -as advertised. In excellent conditions. Well packaged, without any bending, and delivered before the estimated date (I received it within a week and it was supposed to take about 12-14 days). As of the book itself, it is very useful, and interesting. I learned a lot! I took a Nutrition class as a General Ed in college as part of the curriculum of my program, but it was amazing how much I learn about healthy and unhealthy diets, vitamins, antioxidants, food labeling, food marketing, etc etc. You don't need to have a lot of background knowledge in science to be able to understand the concepts. The author gives you tips and recipes at the end of each chapter as well as chapter tests.I am very happy and satisfied with this purchased. I definitely recommend buying this book and from this seller.

Completely revised, up-to-date, and redesigned, the fourth edition of 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 provides students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom.
System Requirements:Supported OS: Windows 8 Windows 7
Windows Vista Windows XP Mac OS X 10.8 Mountain Lion