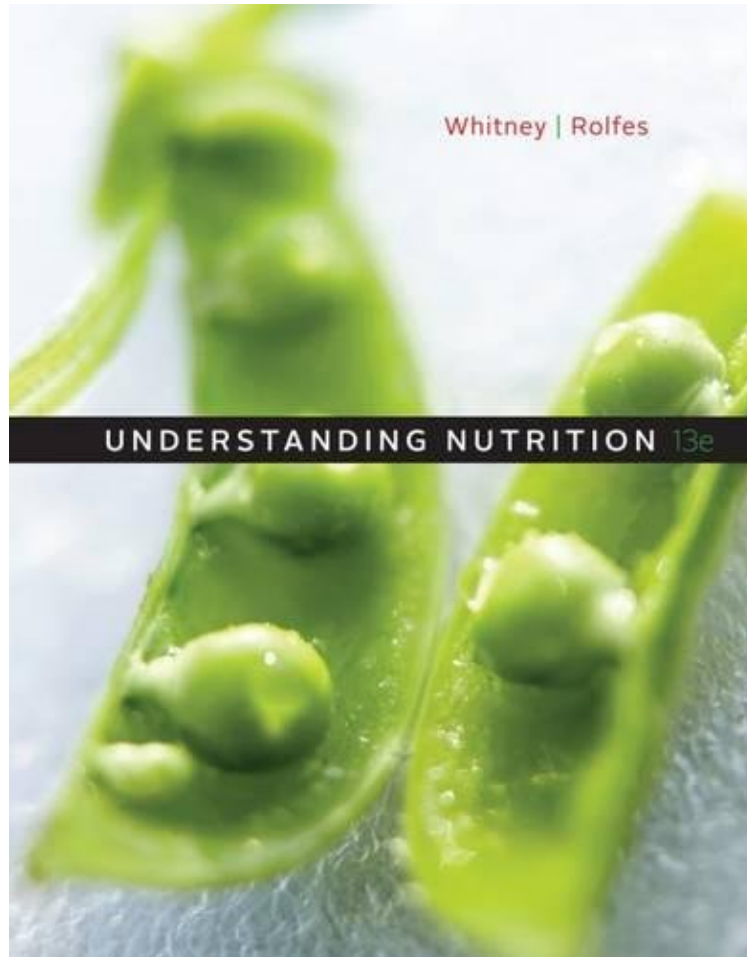


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## Understanding Nutrition

*Ellie Whitney, Sharon Rady Rolfes*  
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**Ellie Whitney, Sharon Rady Rolfes : Understanding Nutrition** before purchasing it in order to gage whether or not it would be worth my time, and all praised Understanding Nutrition:

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though I didn't have to use it much so I am glad I rented it instead of purchasing. Good visual aids and clear descriptive information. I would recommend renting over buying due to the fact that this is a subject that is rapidly changing so some of the contained information could go out of date pretty quickly. Book was in good condition for rental, gently used but no writing or highlighting. 1 of 1 people found the following review helpful. Great text. I had been looking for a great and easy to comprehend book on nutrition for a while. Understanding Nutrition ended up as the textbook required for my course in nutrition. Excellent and easy to comprehend textbook for the "non-scientific" student of nutrition. Chapters are about 25 pages long, with definitions for important words and concepts given in margins. A short "review it" of each section highlights concepts, and "study it" and "test it" pages for each chapter are at the end of the book to reinforce knowledge. Really happy with it.

This best-selling introductory nutrition text is praised for its approachable narrative, engaging presentation, and careful explanations. The new Thirteenth Edition of Whitney and Rolfes' UNDERSTANDING NUTRITION takes the study of nutrition to a new level with an integrated pedagogy and an emphasis on active learning, assignable content, and integrated resources. From its beautiful and carefully developed art program to its strong science base, contemporary coverage, and market-leading supplements, the Thirteenth Edition of UNDERSTANDING NUTRITION connects with its readers and continues to set the standard for texts in this market. This text includes 20 chapters beginning with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and following with chapters on diet and health, fitness, life span nutrition, food safety, and world hunger. UNDERSTANDING NUTRITION connects with students--engaging them as it teaches the basic concepts and applications of nutrition. Take a fresh look at UNDERSTANDING NUTRITION.

About the Author Ellie Whitney, PhD grew up in New York City and received her B.A. and Ph.D. degrees in English and biology at Radcliffe/Harvard University and Washington Universities, respectively. She has taught at both Florida State University and Florida AM University, has written newspaper columns on environmental matters for the Tallahassee Democrat, and has authored almost a dozen college textbooks on nutrition, health, and related topics, many of which have been revised multiple times over the years. In addition to teaching and writing, she has spent the past three-plus decades exploring outdoor Florida and studying its ecology. Her latest book is Priceless Florida: The Natural Ecosystems (Pineapple Press, 2004).