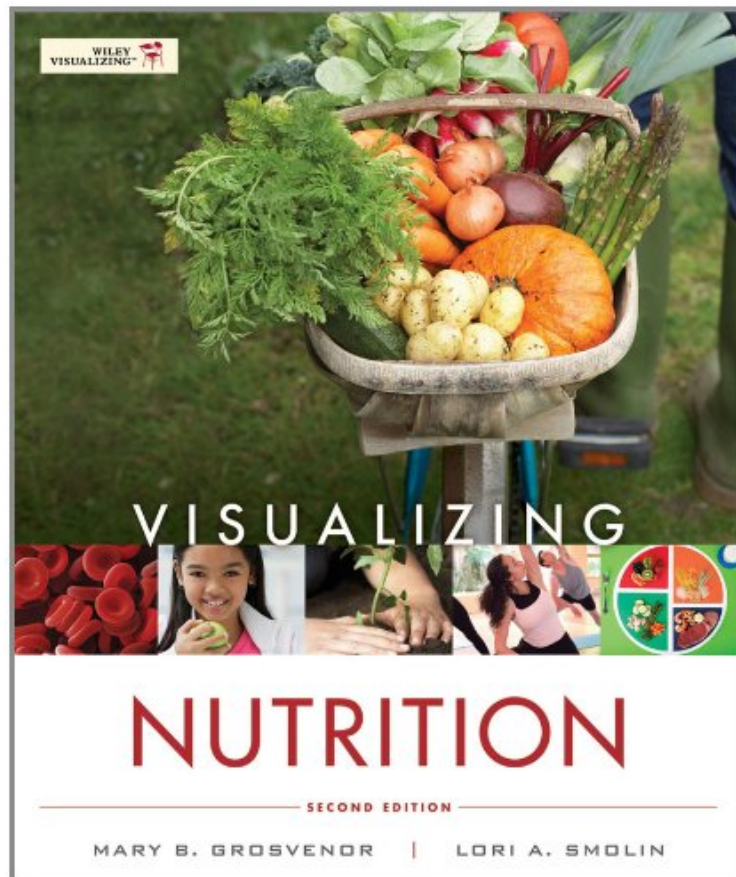


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Visualizing Nutrition: Everyday Choices 2e with Booklet to accompany Nutrition 2e Set

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absence. This book is more than helpful for me to reach my goals. There are also online websites that go with the book for even additional help. I was surprised to find it was a binder book as that was not stated in the product information. It works fine, but that information would have been nice to know ahead of time.

The 2nd edition of *Visualizing Nutrition*, expands upon the 1st introductory issue and continues to provide valuable information on central issues of nutritional science in a visual approach. The text includes critical topics of nutrition, to help readers understand the topics through demonstration of their relevance to their personal life. The material provides decision-making skills needed to navigate the myriad of choices readers face in promoting good health and preventing disease. *Visualizing Nutrition's* critical thinking approach and a solid underpinning of the process of science empowers readers to be knowledgeable consumers when faced with diverse information about emerging diseases such as SARS, biotech foods and gene therapy. As they apply the thought processes and decision-making skills learned throughout the course, they come to understand that there are not "good" foods and "bad" foods, but rather that each choice is only part of an overall healthy diet and that it is the sum of those choices that determines good nutrition. The premier art program, interactive components, and applicable content, make this a sure winner in sharing one's passion for Nutrition.

About the Author
Mary B. Grosvenor, M.S., R.D. Mary Grosvenor received her B.A. degree in English from Georgetown University and her M.S. in Nutrition Sciences from the University of California at Davis. She is a registered dietitian with experience in public health, clinical nutrition, and nutrition research. She has published in peer-reviewed journals in the areas of nutrition and cancer and methods of assessing dietary intake. She has taught introductory nutrition at the community college level and currently lives with her family in a small town in Colorado. She is continuing her teaching and writing career and is still involved in nutrition research via the electronic superhighway.
Lori A. Smolin, Ph.D. Lori Smolin received her B.S. degree from Cornell University, where she studied human nutrition and food science. She received her doctorate from the University of Wisconsin at Madison. Her doctoral research focused on B Vitamins, homocysteine accumulation, and genetic defects in homocysteine metabolism. She completed postdoctoral training both at the Harbor-UCLA Medical Center, where she studied human obesity, and at the University of California at San Diego, where she studied genetic defects in amino acid metabolism. She has published in these areas in peer-reviewed journals. Dr. Smolin is currently at the University of Connecticut, where she teaches both in the Department of Nutritional Sciences and in the Department of Molecular and Cell Biology. Courses she has taught include introductory nutrition, lifecycle nutrition, food preparation, nutritional biochemistry, and introductory biology.