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Nutrition: Concepts and Controversies,

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Nourish your mind and body with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition--including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle--and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Nutrition: Concepts and Controversies, fifth Canadian edition, is an engaging text that strikes a balance with its scientific research, core concepts, and relevant applications. The authors draw readers into the study of nutrition with a lively and

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approachable writing style while dispelling students' misconceptions and empowering them to make better nutrition choices and better behaviour changes.

Nourish your mind and body with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition--including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle--and asks you to weigh in on relevant debates, such as world hunger, chronic diseases, dietary guidelines and eating patterns. Available with the MindTap learning platform, the 15th edition also offers self-quizzing and activities to propel your learning from memorization to mastery. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Make better food choices and live a healthier life with NUTRITION: CONCEPTS AND CONTROVERSIES. More conversational than a pure-science text, this book explores the essentials of nutrition--including how the body breaks down and uses food, food safety, sports nutrition and special nutritional needs throughout the human life cycle--and asks you to weigh in on relevant debates, such as world hunger, chronic diseases,

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Abstract: An authoritative text for the general public covers numerous nutrition facts and related controversies. Topics include the human body's basic nutrient needs, food groups, nutrient density, food exchanges and how new food choices complicate the attainment of an adequate diet; recommended nutrient allowances and U.S. and Canadian nutrients surveys; energy nutrients (carbohydrates, lipids, proteins) and their metabolic roles; energy balance vs. overweight, obesity, and underweight; weight control guidelines; water and micronutrients; food safety; nutritional tips for vegetarians and for those who eat out often; and nutritional guidance for various age groups, from birth to the elderly. Food features in each of the 15 chapters link theory with practice and offer advice for everyday living. A section on optional reading (representing controversies) follows each

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chapter and focuses on nutritional topics of current interest. (wz).

American Corrections: Concepts and Controversies, by Barry Krisberg, Susan Marchionna, and Chris Hartney, presents an incisive view of every aspect of corrections (including jails, probation, sentencing, prisons, and parole), prompting students to think critically about the complex issues involved in responding to the current crisis in the U.S. correctional system.

Incorporating theory, research, and the most recent available data, the book takes a contemporary and issues-oriented approach as it explores the most interesting and progressive developments in correctional policy and practice. Students will come away with practical knowledge, as well as a framework for thoughtful analysis of a subject that can seem mysterious or impenetrable. In addition, the book covers subjects many corrections texts treat only minimally, including women in corrections, the death penalty, and special populations. Perhaps most importantly, the book offers a point of view on what is plaguing the American correctional system and a realistic look at the solutions that offer real promise.

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basic design that provides the ideal foundation to design principles. Appealing to readers at every ability level, the text's logical and structured organization moves from micro to macro topics, enabling learners to build on ideas and concepts of design and better understand the material. A running glossary defines key terms in the margins of the text, while two Visual Glossaries at the end of the book focus on styles and mediums. In addition, new Theory and Practice boxes help readers more deeply analyze artwork, and Artists on Art boxes offer insight from professional artists. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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