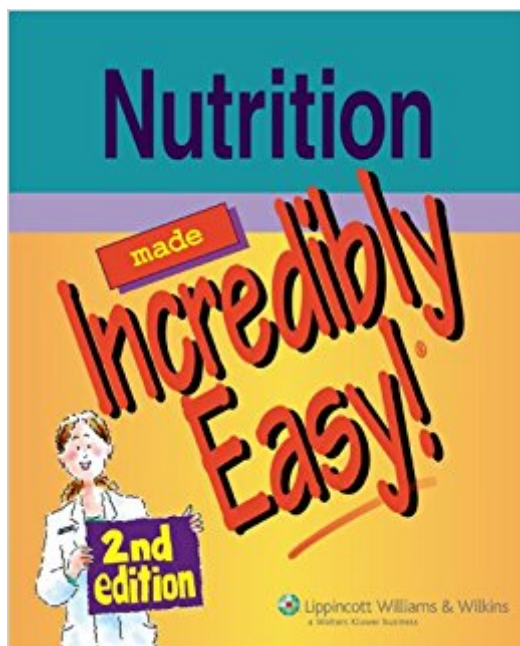


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Nutrition Made Incredibly Easy! (Incredibly Easy! Series[®])



Synopsis

Using the award-winning Incredibly Easy! style, Nutrition Made Incredibly Easy! Second Edition presents essential information on nutrition in a light-hearted and appetizing way. Coverage includes the physiologic processes that transform food into energy, nutrient metabolism and recommended allowances, assessment of nutritional status, and the needs of special patient populations. This edition incorporates the Dietary Guidelines for Americans 2005, presents up-to-date information on diabetes, and includes new appendices on fad diets and commonly used herbs and supplements. Logos include Lifespan Lunchbox (age-related considerations); Bridging the Gap (cultural considerations), Menu Maven (sample menus), and NutriTips (nutritional pointers).

Book Information

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Customer Reviews

fantastic nutrition book. must have book if you are studying anything to do with nutrition. love it!!

Excellent! Easy read!!

Thank you for a great book

I started an online class late and delivered my book practically overnight for very little shipping fee, which I was grateful for. Easy book to understand and get info from.

I borrowed this book from a friend to help me with the nutrition section of my A&P course. After reading it, I'm going to have to buy my own. It is wonderful! I love this series, as these "Made Incredibly Easy" books are very easy to follow. The format is awesome. This book is divided into three parts: Part I: Intro to Nutrition (7 chapters) Part II: Assessment (2 chapters) Part III: Clinical Nutrition (9 chapters) No space is wasted. This book is crammed with useful information. There are a lot of charts, drawings, and other memory joggers. There is also several "Quick Quiz" sections, one for each chapter, consisting of five questions. It helps to reinforce what you just read. I highly recommend this book to anyone needing to know about nutrition. I love it and will continue using it throughout my nursing education and beyond.

It was very confusing even trying to read this book. What made it worse was the instructor asked us to get this book and guess what! we never even touched it! waste of money and it didn't even have anything that I could use for the class to help me study.

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