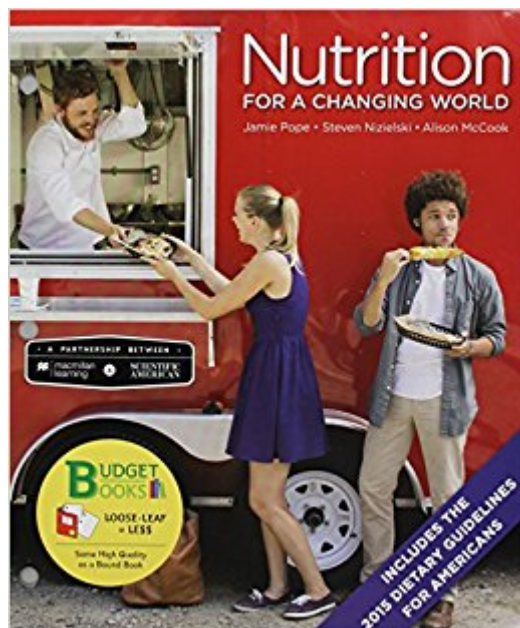


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Loose-leaf Version For Scientific American Nutrition For A Changing World With 2015 Dietary Guidelines & LaunchPad (Six-Month Access)



Synopsis

In this breakthrough introductory text, educators Jamie Pope and Steve Nizielski, and science writer, Alison McCook use real stories about real people and real science to teach the basic concepts of nutrition. Each chapter reads like "Scientific American"-style article, with compelling reporting and beautifully designed infographics providing a context for the scientific content. Unique chapters on timely topics (diabetes, cardiovascular disease, plant-based diets, fat- and water-soluble vitamins, dietary supplements, and the college years) exemplify the book's thoroughly contemporary approach to nutrition science. "Nutrition for Changing World" is also the only textbook for the course to offer automatically graded dietary analysis activities using the USDA's open-access SuperTracker. These exercises are in LaunchPad, a dedicated online course space that compliments the text to provide students with a fully integrated print/digital learning experience."

Book Information

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Customer Reviews

JAMIE POPE, M.S., R.D., has been with Vanderbilt University since 1986, working in the areas of obesity research, weight management, health promotion, heart disease prevention. Since 2000, she has been Instructor of Nutrition in the School of Nursing. In addition to her current work on "Nutrition for a Changing World," Jamie co-authored several best-selling books, including "The T-Factor Fat Gram Counter, " and is author of "The Last Five Pounds: A Liberating Guide to Living Thin." She has authored or contributed to numerous other scientific and popular press publications. Jamie's popular classes bring together undergraduate students from a wide range of majors to learn about

nutrition science and its application to their personal and professional lives. Jamie is a long-time member of the Academy of Nutrition and Dietetics and served as media representative for the Tennessee Dietetic Association, during which time she was named as Outstanding Dietitian of the Year for the Nashville District Dietetic Association. Jamie served for over a decade as nutrition consultant for Smart Balance, Inc. Steven Nizielski, M.S., Ph.D., earned his Bachelor of Science degree from the University of Minnesota in Wildlife Biology and assisted in research projects involving Siberian tigers and grey wolves before entering graduate school. He earned his masters and doctorate degrees at the University of Minnesota in nutrition with an emphasis in biochemistry. He is currently an associate professor in the Department of Biomedical Sciences at Grand Valley State University in Allendale, Michigan, where he teaches introductory nutrition, clinical nutrition, public health, advanced metabolism, and sports nutrition courses. His current research seeks to identify cellular adaptations in adipose tissue in response to aging and endurance training. Steve is a fellow of The Obesity Society, and a member of the American Society for Nutrition (ASN) and of the American Physiological Society (APS). He is an avid competitive cyclist, and also enjoys cross-country skiing, hiking, and camping. Alison McCook has been a science writer and editor for more than 15 years, crafting materials for both general and professional audiences. Her work spans topics ranging from health to molecular mechanisms, and has appeared in well-known publications such as "Reuters, Nature, Discover, Scientific American, Popular Science, " and "The Lancet." Alison has held staff positions at Reuters and "Nature" and most recently, she was the Deputy Editor of "The Scientist, " overseeing the entire editorial team. During her tenure, the magazine won two consecutive Magazine of the Year awards, across all categories, from the American Society of Business Publication Editors. Alison resides in Philadelphia, Pennsylvania."

...for my summer course. I took it to a local office supply store to have the covers laminated and the book spiral-bound for a minimal charge.

Great book, I just hate loose leaf books. Make sure you buy a binder or it will end up a mess.

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