



Understanding Nutrition

By Ellie Whitney, Sharon Rady Rolfes

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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.

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Understanding Nutrition By Ellie Whitney, Sharon Rady Rolfes Bibliography

- Sales Rank: #88173 in Books
- Brand: Cengage Learning
- Published on: 2012-07-27
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 1.50" h x 9.20" w x 11.00" l, 4.90 pounds
- Binding: Hardcover
- 928 pages

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Editorial Review

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 A&M 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).

Sharon Rady Rolfes is a Registered Dietitian Nutritionist and founding member of Nutrition and Health Associates, an information resource center that manages a research database of more than 1,000 nutrition-related topics. Previously, Ms. Rolfes taught at Florida State University and coauthored several other college textbooks, including *Understanding Nutrition*. In addition to writing, Ms. Rolfes consults on educational projects, and volunteers on the board of Working Well, a community initiative dedicated to creating a healthy workforce. A member of the Academy of Nutrition and Dietetics, she received her MS in Nutrition and Food Science from Florida State University.

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